



**naturally
anew**

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Treatment Goals (short-term)

1. Improve gastrointestinal transit time (GTT) **via** softening, bulking and improving stool viscosity to reduce fermentation, prevent toxic accumulation and enhance digestion and absorption of nutrients
2. Promote microbial balance **via** enhancing short-chain fatty acids (SCFAs) and gram-positive bacteria, and decreasing negative gram bacteria to optimise digestive function
3. Support prostate health **via** reducing inflammation, maintaining DNA and supporting hormones to reduce symptoms and progression
4. Support health maintenance **via** full analysis of current regimen and pathology to develop baseline and identify future needs

Treatment Goals (long-term)

1. Support prostate health
2. Support gut health
3. Support sleep
4. Support autoimmunity
5. Support health and longevity

Quick Protocol

Including adjustments to previous prescriptions

Take with meal, away from pharmaceutical medication:

- Take 1/4 scoop x PaleoFibre
- Take 1 x Probiosis
- Take 1 x HPA Essentials
- Take 1 x Green Omega 3

Evening, around dinnertime:

- Take 1 x Zinc Supreme
- Take 1 x HPA Essentials
- Take 1 x Green Omega 3

New Supplement Shopping List

Let me know if you'd like me to order these

PaleoFibre | \$41.95

Zinc Supreme | \$16.95

READ ON FOR THE FULL REPORT

Naturopathic Treatment Plan

Herbal

Product	Herb	Intent	Instruction
N/A			

Further comments:

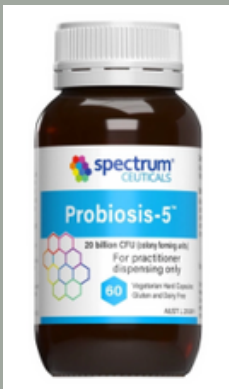

Nutrition

Product	Hero ingredients	Intent	Instruction
<p>PaleoFibre by Designs for Health \$41.95</p> 	<p>12 sources of fibre:</p> <ul style="list-style-type: none">• Acacia gum powder• Bamboo fibre• Guar gum• Cranberry protein powder• Carrot powder• Chicory root inulin• Apple fibre powder• Glucomannan powder• Flaxseed powder• Psyllium husk powder• Apple pectin powder• Prune fruit powder	<p>Fiber plays a crucial role in promoting regularity and alleviating constipation by adding bulk to stool and facilitating its passage through the digestive tract.</p> <p>Many of these fibres are also prebiotics, which act as selective fuel for beneficial bacteria in the gut promoting microbial health and diversity.</p> <p>Moreover, a high-fiber diet has been associated with numerous health benefits, including lower risk of chronic diseases such as heart disease, type 2 diabetes, and certain cancers, making it a valuable component of a balanced diet for promoting general health and healthy aging.</p>	<p>Add 1/4 of a scoop to water (or foods like yoghurt/cereal)</p> <p>Stay on this dose for 2-3 weeks and see how body responds.</p> <p>After this time increase dose to 1/2 scoop for another 2-4 weeks,</p> <p>Gradually follow this trajectory to increase to 1 scoop.</p> <p>Eventually may increase more.</p>

Further comments: Take this AWAY FROM MEDICATION by 2-3 hours.

Product	Hero ingredients	Intent	Instruction
<p>Tri-Zinc Supreme by Designs for Health \$16.95</p> 	<p>Zinc 25mg</p>	<p>While the exact cause of BPH is not fully understood, hormonal changes, particularly involving testosterone and its metabolites, as well as inflammation, are believed to play key roles. Zinc has been implicated in several mechanisms that may help alleviate symptoms associated with BPH:</p> <ol style="list-style-type: none">1. Inhibition of Prolactin Secretion, which is a hormone that can stimulate prostate cell growth2. Modulation of Testosterone Conversion, which is known to stimulate prostate cell growth3. Anti-inflammatory Effects, which is believed to contribute to the development and progression of BPH.4. Maintenance of DNA Integrity: Adequate levels of zinc are necessary for maintaining the integrity of DNA in prostate cells, which may help prevent abnormalities and reduce the risk of prostate enlargement. <p>Patients with BPH have been consistently found to have low serum zinc levels.</p>	<p>Take 1 capsule daily, with food.</p>

Further comments: If any nausea is experienced when taking Zinc, take with a full meal.

Product	Hero ingredients	Intent	Instruction
<p>Probiosis-5 by Spectrumceuticals</p> <p>*Store at 2C to 8C. Refrigerate.</p> 	<p><i>Bifidobacterium breve</i> (BB-23) 5 billion CFU <i>Lactobacillus gasseri</i> (LG-36) 2 billion CFU <i>Lactobacillus reuteri</i> (LR-11) 3 billion CFU <i>Lactobacillus rhamnosus</i> GG 5 billion CFU <i>Saccharomyces cerevisiae</i> (boulardii) (DBVPG 6763) (SB) 5 billion CFU</p>	<p>These probiotic strains assist in maintaining general health and wellbeing.</p> <p>Probiosis-5™ maintains intestinal health and supports healthy immune system function.</p> <p>Probiosis-5™ supports intestinal friendly flora and maintains gastrointestinal mucosal membrane health.</p>	<p>Take 1 capsule daily, with food.</p>
<p>Green Omega 3 by Green Nutritionals</p> 	<p>Marine microalgae (<i>Schizochytrium sp.</i>) DHA: 255mg EPA: 127.5mg</p>	<p>A rich source of essential omega 3 fatty acids DHA and EPA it exhibits anti-inflammatory effects reducing chronic inflammation, including in the prostate gland. It contributes to maintaining a healthy gut barrier and preventing neurodegeneration.</p>	

Safety & Adverse Reaction Information

- Take products only as directed.
- If you encounter any reactions such as feeling nauseous, headache, dizziness or the like, **STOP** taking your product immediately and contact Naturally Anew dina@naturallyanew.com/0409770430. I will get back to you as soon as possible to discuss the situation with you.
- Please discontinue all supplements at least 1 week before any procedure/surgery and disclose/discuss all supplements/herbs with your doctor.
- In the case of an emergency, contact your GP or emergency service.
- Please keep all medication out of reach of children.

Diet

Intervention	Instruction	Intent
Increase water intake (3L)	<p>Aim for 3L of mineral water daily.</p> <p>Room temperature water is ideal as it causes the least stress on the body and requires minimal additional adjusting of the organs to temperature variations, conserving your cellular energy for ‘important’ things.</p> <p>Drinking while in a sitting position also supports ideal water ingestion and flow to the stomach.</p> <p>Avoid drinking alot with meals, try only drinking small sips if needed and drink majority of water around meals.</p>	<p>Water is important not only to flush out your system for daily environmental toxin exposure but it also supports most processes in the body including cellular, circulatory, temperature regulation and importantly digestive function.</p> <p>It is also one (of many) crucial factors in preventing and alleviating constipation; increasing stool bulk and consistency, and easing the passage through the intestines.</p> <p>Monitor your hydration status by paying attention to your urine. Clear or pale yellow is a sign of good hydration. Note, upon awakening it is expected that urine is a stronger yellow colour, diluting further throughout the day.</p>

Intervention	Instruction	Intent
Focus on antioxidant superfoods that are a rich source of antioxidant phytochemicals, vitamins and minerals	<p>An <u>antioxidant rich diet</u> should include lots of:</p> <ul style="list-style-type: none"> • Filtered water • Colourful vegetables • A little fruit (blueberries, blackberries, raspberries, and boysenberries) • Good quality proteins such as fish, organic meat or poultry • Healthy fats such as those from coconuts, olives, nuts and small oily fish (mackerel, sardines). • Green Tea • Aromatics (garlic, turmeric, ginger) <p><u>Avoiding refined sugar</u>, soft drinks and processed foods is essential.</p>	<p>There are a few foods that merit a special mention:</p> <ol style="list-style-type: none"> 1. <u>Berries</u>: contain antioxidant compounds (proanthocyanidins) which protect cells against the oxidative damage 2. <u>Green tea</u>: a rich source of antioxidant phytochemicals (flavonoids and epigallocatechin gallate). Consumption is associated with reduced risk of certain cancers, reduced cholesterol levels and weight loss. 3. <u>Garlic</u>: contains sulphur rich compounds which enhance immune function & cardiovascular health 4. <u>Turmeric</u> and <u>Ginger</u>: possess powerful anti-inflammatory properties combatting cellular ageing++ 5. <u>Fish</u>: small, oily fish are a perfect anti-ageing food helping to reduce inflammation in the body as well as protect cardiovascular and brain health.

Lifestyle

Intervention	Instruction	Intent
Reduce alcohol intake	<p>A glass a day of red wine can actually provide antioxidant benefits as red wine contains the antioxidant resveratrol.</p> <p>It is generally recommended to have at least <u>three alcohol free</u> days per week.</p>	<p>Reduce alcohol intake: a little is good, a lot is bad!</p> <p>Excessive drinking will accelerate your cellular ageing and put your liver function and general health at risk.</p>

Next appointment

Check in again after your blood test and procedure and we will review and adjust again.

Appointment Goals:

- Reasses treatment plan based on updated pathology
- Look at more dietary changes
- Consider herbs for prostate health

More information