



**naturally
anew**

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Dobba

Treatment Goals (short-term)


1. Reduce PMS & bloating *via* supporting hormonal transitions, histamine levels and liver efficiency
2. Support mood & anxiety *via* boosting calming neurotransmitters and supporting HPA Axis
3. Optimise gut health *via* supporting stool transit and balancing microbiome

Treatment Goals (long-term)

1. Support mood
2. Support sleep
3. Support hormones
4. Support lymphatics


Naturopathic Treatment Plan

Herbal

| Product | Herb | Intent | Instruction |
|--|---|---|--|
| <p>Bittersweet Elixir by Wise Woman Herbals</p>  <p>\$17.09, Kosher, Liquid</p> | <p><i>Gentian Luteana</i> Gentian</p> <p><i>Zingiber officinalis</i> Ginger</p> <p><i>Foeniculum vulgare</i> Fennel</p> <p><i>Curcuma longa</i> Turmeric</p> | <p>Bitter herbs stimulate the release of bile from the liver and gallbladder increase the time that food spends in the stomach macerating in the stomach acid to break food particles into smaller, more easily digestible pieces; and increase intestinal mobility and function so that nutrients are absorbed, and waste products are eliminated in a more efficient way.</p> | <p>Take 15 drops in a small amount of water, 15 minutes before (or with) meals, 3 x a day.</p> |
| | <p><i>Inula helenium</i> Elecampagne</p> <p><i>Ulmus rubra</i> Slippery elm</p> <p><i>Taraxacim officinalis</i> Dandelion</p> | <p>These herbs support digestion by stimulating bile flow, soothing the digestive lining, and enhancing nutrient absorption. This combination relieves bloating, reduces inflammation, and promotes overall digestive efficiency.</p> | |


Further comments: If experience any heartburn when taking this 15 minutes before meals, just take with food, not before.

Herbal

| Product | Herb | Intent | Instruction |
|---|--|---|--|
| <p>Anxiety Drops (Homeopathic Formula*) by Professional Formulas</p>  <p>\$17.99, Vegan, Liquid</p> <p>*What is homeopathy? <i>A system of alternative medicine developed in the late 18th century based on the principles that “like cures like” and the “law of minimum dose”. It works on the energetics of the body, aiming to gently stimulate the body's innate ability to heal itself. Though it is a more traditional form of natural medicine, it is used by practitioners around the world and remains popular due to its highly diluted, low-cost safe remedies.</i></p> | <p>Featuring:</p> <p><i>Ignatia Amara</i> + other remedies</p> | <p><i>Ignatia Amara</i> is often aligned with individuals who feel emotionally overwhelmed, particularly after disappointment, or sudden emotional shocks. These individuals may present as sensitive, introspective, and prone to mood swings—laughing one moment and crying the next. They often suppress their emotions, leading to physical manifestations like a lump-in-the-throat sensation, sighing, or muscle tension. <i>Ignatia</i> is well-suited for those who seem outwardly composed yet struggle with inner turmoil, helping to balance emotional extremes and restore calm amidst life's challenges. It is indicated for those with:</p> <ul style="list-style-type: none"> • Excess urination • Itchy skin post heat • Anxiety • Mucus in throat • Menstruation: with spasmodic pains in stomach • < coffee (like the urination) | <p>Take 10-15 drops, as needed, 3+ times a day AWAY from food by at least 30 minutes.</p> <p>It's a great thing to take first thing in the morning and at night and a random time in the middle of the day when needed.</p> <p>In case of extreme anxiety or distress, take 10-15 drops every 15 minutes for 3 hours.</p> |

Nutrition

| Product | Hero ingredients | Intent | Instruction |
|--|--|---|--|
| <div><div>Women's Phase 1 by Vitamica</div><div></div><div>\$33.29, Vegan, Capsules</div></div> | <div><div>Herbal Mix:</div><div><div><i>Vitex Agnus-Castus</i> Chaste Berry</div><div><i>Hypericum Perforatum</i> St Johns Wort</div><div><i>Passiflora incarnata</i> Passionflower</div><div><i>Ginkgo Biloba</i> Ginkgo</div><div><i>Angelica Sinensis</i> Dong Quai</div><div><i>Dioscorea villosa</i> Wild Yam</div><div>Borage Oil</div></div></div> <div><div>Nutrient Mix:</div><div><ul style="list-style-type: none">• Vitamin B6• Vitamin E• Magnesium• Chromium• Iodine• Calcium</div></div> | <div><p>This herbal mix offers comprehensive support for PMS, targeting common symptoms like bloating, mood swings, cramps, and breast tenderness. It works to balance hormones, ease emotional tension, and reduce inflammation, while promoting relaxation and improving circulation. Together, these herbs provide a holistic approach to alleviating physical and emotional discomfort associated with the menstrual cycle. Research has specifically shown that that Vitex can significantly reduce PMS symptoms by modulating prolactin levels, thereby alleviating breast tenderness and bloating.</p></div> <div><p>These ingredients contributes to overall wellbeing and hormonal equilibrium throughout the menstrual cycle. B6 in particular helps regulate mood and reduce irritability, with studies showing its effectiveness in alleviating PMS-related mood swings. Magnesium is key in reducing cramps, improving relaxation, and supporting nerve function easing muscular tension and menstrual discomfort. Calcium has been shown to reduce bloating, alleviate cramps, and improve mood, with studies supporting its effectiveness in managing common PMS symptoms.</p></div> | <div>Take 2 capsules daily, with food to avoid any gut side effects.</div> |

| Product | Hero ingredients | Intent | Instruction |
|--|--|--|---|
| <p>ProbioMed Women by Designs for Health</p>  <p>\$44.99, Vegetarian, Capsules</p> | <p>Probiotic Blend:</p> <p>Astarte™ Cultures ... 5 billion CFU</p> <ul style="list-style-type: none"> • Lactobacillus crispatus (LBV88) • Lactobacillus rhamnosus (LBV96) • Lactobacillus gasseri (LBV150N) • Lactobacillus jensenii (LBV116) <p>Lactobacillus acidophilus (DDS®-1) ... 10 billion CFU</p> <p>Lactobacillus planatarum (UALp-05) ... 4 billion CFU</p> <p>Lactobacillus paracasei (UALpc-04™) ... 2 billion CFU</p> <p>Bifidobacterium bifidum (UABb-10™) ... 1 billion CFU</p> <p>Bifidobacterium longum (UABI-14™) ... 1 billion CFU</p> <p>Bifidobacterium lactis (UABla-12™) ... 2 billion CFU</p> | <p>After using antibiotics, it's common for your microbiota—the community of beneficial bacteria in your gut and other areas like the vagina—to be disrupted. This probiotic blend is specifically formulated to help restore balance to your microbiota, particularly after antibiotic use or a yeast infection like thrush. The blend contains a variety of Lactobacillus and Bifidobacterium strains, which are beneficial bacteria known for supporting gut and vaginal health. These probiotics help replenish the good bacteria that antibiotics may have reduced, which is essential for preventing overgrowth of harmful microbes like yeast. Lactobacillus strains (such as Lactobacillus crispatus and Lactobacillus rhamnosus) are particularly important for vaginal health, as they help maintain an acidic environment that prevents yeast overgrowth. Bifidobacterium strains support your gut by improving digestion, boosting immune function, and crowding out harmful bacteria. Together, this diverse blend of probiotics works synergistically to restore your microbiota to a healthy state, promote optimal digestive health, and reduce the risk of future infections, including thrush. This way, you're not only replenishing your good bacteria but also helping your body regain its natural balance for overall health.</p> | <p>Take 1 capsule each day with food.</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.
- In the case of PREGNANCY, please STOP protocol and contact practitioner about continuation of supplements ASAP.
- Please keep all medication out of reach of children.

Diet

| Intervention | Instruction | Intent |
|-------------------------|---|---|
| Increase protein intake | <p>Aim to include 30g of protein in each meal.</p> <p>Here are simple examples to guide you:</p> <p><u>Breakfast Ideas</u></p> <ul style="list-style-type: none">• 3 large eggs (18g) + 2 tablespoons of nut butter or 2 slices of smoked salmon (12g).• Protein smoothie: 1 scoop of protein powder (20g), frozen berries + 2 tablespoons of chia seeds (10g).• Tofu scramble: 150g firm tofu (15g) + 1/2 cup cooked lentils (12g) + vegetables. <p><u>Lunch Ideas</u></p> <ul style="list-style-type: none">• Grilled chicken salad: 100g chicken breast (30g) + mixed greens + olive oil dressing.• Fish and veggies: 120g grilled fish (25-30g) + a handful of almonds or edamame (5g).• Tuna salad: 1 small tin of tuna (95g, ~20g protein) + 1/2 cup cooked quinoa (8g) + leafy greens, cherry tomatoes, and olive oil dressing. <p><u>Dinner Ideas</u></p> <ul style="list-style-type: none">• Grilled meat and sides: 100g beef, lamb, or turkey (25-30g) + roasted vegetables.• Baked salmon: 120g salmon (25-30g) + 1/2 cup chickpeas (7g) + steamed greens. <p>See end of report for more ideas and shopping list for powders!</p> | <p>Protein is essential for normal body function and is involved in producing important molecules including; neurotransmitters for stress and mood, cellular growth and repair for healing and immunity, nutrient transport to keep your body function optimal, energy production and satiety to assist with weight management, body composition and overall metabolic function.</p> <p>A protein-rich diet also supports hormonal balance, including insulin, which plays a role in how the body utilizes and stores energy.</p> <p>For individuals who are stressed, nutrient-depleted, or dealing with fatigue, incorporating protein into meals, especially in the morning, is crucial. It helps stabilize blood sugar levels, preventing energy dips and reducing the cravings that often come with afternoon crashes. This steady energy flow helps you feel fuller for longer, making it easier to focus on other tasks without constantly feeling depleted or needing quick fixes like sugary snacks or caffeine.</p> |

Lifestyle

| Intervention | Instruction | Intent |
|---|---|---|
| <p>Period/ Ovulation tracking</p> <p>Apps to consider:</p> <ul style="list-style-type: none">FloClueWoman LogPeriod TrackerFertility FriendOvulation AppNatural Cycles | <p>Input your cycle information into an app keeping track of the length of your period, ovulation signs, PMS symptoms: bloating, breast tenderness, mood fluctuations, skin health.</p> <p>Ovulation mucous: Look for clear, sticky, raw egg-white mucous with a wet sensation that looks shiny on the toilet paper, and slips when you wipe towards the middle of your cycle. This is usually around 12-14 days before your next period, and occurs at different times for everyone, but between days 8-12 or 10-14 of your cycle, on average <u>Ovulation often occurs on the last day of this mucus.</u> The period with mucus is the most fertile time.</p> | <p>Using a menstrual tracking app offers a convenient and efficient way to monitor your menstrual cycle, gain insights into your reproductive health, and make informed decisions about your well-being.</p> <p>Over time, tracking your menstrual cycle allows you to identify patterns and variations in cycle length, flow, and symptoms. This understanding helps you anticipate changes in your body and better manage your menstrual health. Menstrual tracking apps often include features for recording symptoms such as cramps, bloating, mood changes, and headaches.</p> <p>Many apps also allow you to track ovulation and changes in cervical discharge, which are key indicators of fertility. By identifying your ovulation window, these apps can help you determine the best time for conception or provide valuable insights into your reproductive health.</p> |



Next appointment

I'd like to see you again in 6 weeks (Mid February).

Appointment Goals:

- Discuss any changes in leadup to and during period
- Discuss any changes to mood
- Consider changing to long term plan or tweaking current plan further
- Support Gut health
- Support Lymphatic health
- Support Liver & Hormone health

| PROTEIN SOURCE | Serving size | # Protein |
|------------------------|------------------|----------------|
| Chicken breast | 150g weighed raw | 46g protein |
| Chicken thigh | 150g weighed raw | 28g protein |
| Scotch fillet steak | 150g weighed raw | 45g protein |
| Sirloin steak | 100g weighed raw | 30g protein |
| Salmon | 150g weighed raw | 35g protein |
| Barramundi | 150g weighed raw | 39g protein |
| Turkey mince | 150g weighed raw | 35g protein |
| Lamb diced/shoulder | 150g weighed raw | 30g protein |
| Tuna | 1 x 95g can | 16g protein |
| Eggs, large | 2 | 12g protein |
| Greek yogurt | 3/4 cup (175mL) | 14-18g protein |
| Cottage cheese | 1 cup (250mL) | 28-30g protein |
| Goat's cheese | 1 cup (250mL) | 9-15g protein |
| Lentils, canned/cooked | 3/4 cup (175mL) | 13g protein |
| Tofu, firm | 3/4 cup (175mL) | 10-17g protein |
| Hemp seeds | 1/4 cup (60mL) | 15g protein |
| Quinoa, cooked | 1/2 cup (125mL) | 3-4g protein |



PROTEIN BREAKFAST

MENU IDEAS #1

SHAKSHUKA WITH COTTAGE CHEESE

- Make a simple shakshuka with tomato sauce, bell peppers, and spices.
- Serve with 1/2 cup cottage cheese on the side for extra protein or parmesan (2 T = 4g)

EGG MUFFINS/ BREAKFAST MUFFINS

- Whisk eggs, pour into a muffin tin, and add veggies (spinach, bell peppers) and cheese.
- Bake a batch ahead of time and refrigerate. See next page for more protein muffin ideas.

PROTEIN SHAKE OR SMOOTHIE BOWL

- Blend a scoop of protein powder with almond milk, frozen berries, and a handful of spinach.
- Optionally, add nut butter or flax/chia

SALMON AND AVOCADO TOAST

- Top 2 slices of whole-grain toast with 3 oz smoked salmon, 1/4 avocado, and a sprinkle of seeds for crunch.

OVERNIGHT OATS WITH PROTEIN POWDER

- Combine 1/2 cup oats, 1 scoop protein powder, 1 tablespoon chia seeds, 1 cup almond milk, and a handful of sliced almond + honey
- Refrigerate overnight.

SAVORY COTTAGE CHEESE PANCAKES

- Blend 1/2 cup cottage cheese, 1/2 cup oats, and 1 egg into a batter.
- Cook as pancakes and serve with smoked salmon or a dollop of pesto.





PROTEIN BREAKFAST

M E N U I D E A S # 2

GREEK YOGURT WITH BERRIES AND NUTS

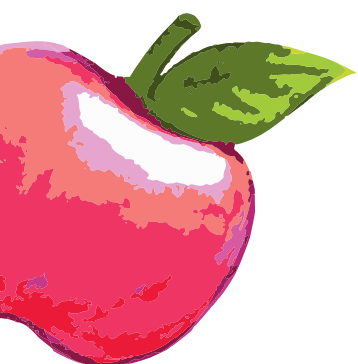
- Use plain or lightly sweetened Greek yogurt (high in protein).
- Top with a handful of berries and a sprinkle of nuts/nut butter for extra protein and healthy fats.

HARD-BOILED EGGS AND FRUIT

- Boil eggs in advance and pair them with an apple or a handful of berries for a quick protein-packed snack.

EGG SCRAMBLE WITH HASH & GOAT'S CHEESE

- Fry chopped or shredded sweet potatoes and potatoes in a pan with nutritional yeast, chili flakes and salt until crispy.
- Sauté onions and add 3 eggs beaten with salt, pepper and a splash of water.
- Top with goat cheese & chives





PROTEIN LUNCH

MENU IDEAS #1

TUNA SALAD WRAP

- Mix 1 can tuna with 2 tablespoons hummus or mayo, 1/4 avocado, and chopped veggies (cucumber, bell peppers).
- Wrap in a large lettuce leaf or whole-grain wrap.

SALMON POWER BOWL

- Combine 3 oz grilled salmon, 1/2 cup quinoa, 1 cup mixed greens, cherry tomatoes, and a tahini dressing.

PROTEIN-PACKED SOUP

- Make a blended soup (e.g., pumpkin or sweet potato) with a scoop of unflavored protein powder mixed in.
- Pair with 1 slice of whole-grain bread topped with 2 oz smoked salmon.

COTTAGE CHEESE AND VEGGIE PLATTER

- Serve 1 cup cottage cheese with raw veggies (carrots, cucumbers, bell peppers) and whole-grain crackers.

HIGH-PROTEIN SALAD

- Mix 3 oz tuna or salmon with mixed greens, 1/2 cup chickpeas, cucumbers, and olive oil.
- Add a sprinkle of sunflower seeds for crunch.

TUNA-STUFFED AVOCADO/PEPPER

- Scoop out an avocado and fill it with a mix of tuna, olive oil, lemon juice, and chopped herbs.

