



**naturally  
anew**

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**Dvora New**

## **Treatment Goals (short-term)**

1. Reduce bloating **via** supporting complete food breakdown, digestion, absorption and assimilation of micro and macronutrients to reduce fermentation.
2. Support stress resilience & sleep **via** regulating hypothalamic pituitary axis and cortisol production to reduce SNS dominance and support PNS processes and neurotransmitters
3. Support cholesterol levels and general wellbeing **via** supporting liver health and bile production to optimize clearance of recirculating cholesterol and toxins

## **Treatment Goals (long-term)**

1. Improve gastrointestinal health
2. Support stress and energy
3. Support metabolic health
4. Support healthy aging

# Overall Protocol

Including adjustments to previous prescriptions

## Morning, with breakfast:

- Take 2 x RealClarity (Mushrooms + Herbs)
- Take 2 x Women's 55+ Multivitamin

**Breakfast:** Take 1 enterozyme, 15 minutes before, or with, food

**Lunch:** Take 1 enterozyme, 15 minutes before, or with, food

**Dinner:** Take 1 enterozyme, 15 minutes before, or with, food

## Evening, around dinnertime

- Take 3 tablespoons of Cholesterol Mix (try and incorporate in dinner --- or divide throughout the day, some with breakfast)

# Shopping list

1. RealClarity (Mushrooms + Herbs) | order *via* [iHerb](#)
2. Women's 55+ Multivitamin | order *via* [iHerb](#)

## Optional

1. Oat Bran: order *via* [iHerb](#), another option on [iHerb](#)
2. Flaxseed: order *via* [iHerb](#)
3. Psyllium Husk: order *via* [iHerb](#)
4. Cacao: order *via* [iHerb](#) or another option [iHerb](#)
5. Acai: order *via* [iHerb](#)
6. Apple Peel: order *via* [iHerb](#)

**SEE DETAILS IN FULL REPORT**

# Treatment Plan

## Herbal

Product	Herb	Intent	Instruction
<b>Enterozyme</b> by Biopractica  (Product received in consult)	<i>Gentian Luteana</i>   Gentian	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.	<b>Take 1 tablet 15 minutes before meals, 3 x a day.</b>
	<i>Zingiber officinalis</i>   Ginger		
	<i>Ananas comosus</i>   Pineapple	Contains bromelain, an enzyme which can help break down proteins in the digestive system, reducing fermentation and improving overall digestion.	

**Further comments:** If you notice any symptoms like heartburn when taking these, take closer to food 5 minutes before. If still experiencing symptoms take as you start eating. Try and be consistent and record any changes you notice, to discuss at next appointment.

Product	Hero Herbs	Intent	Instruction
<p><b>RealClarity</b> <b>(Mushrooms + Herbs)</b> by Real Mushrooms, <i>Vegan, capsules</i></p> <p>Order via <u><a href="#">iHerb</a></u></p>	<i>Rhodiola rosea</i>   Rhodiola	These adaptogenic herbs provide resistance to stress, influencing levels of neurotransmitters including monoamines, dopamine, serotonin, and noradrenaline. They are known to “lift the mood” and support physical and mental exhaustion. Increases anti-inflammatory expression in the body.	<p><b>Take 2 capsules daily</b>, should not really matter when.</p>
	<i>Withania somnifera</i>   Withania		
	<i>Bacopa monnieri</i>   Bacopa	This herb is neuroprotective, cognitive enhancing and a nerve tonic. It is reputed specifically for improving poor memory and lack of concentration, and is shown to increase cerebral blood flow.	
	<i>Hericium erinaceus</i>   Lion’s Mane	This mushroom is known to support longevity, immunity, cognition, and repair and protect gut tissue.	

# Nutrition

Product	Hero ingredients	Intent	Instruction
<b>Women's 55+ Multivitamin</b> by Innate Response Formulas  <i>Order via <u>iHerb</u></i>	Vitamins: A, C, D3, E, B1, B2, B3, B5, B6, B12, Folate, Niacin, Biotin	Activated vitamins are suited for women>55 with less efficient absorptive capacity & increased nutritional needs due to hormonal changes, decreased bone density and changes in metabolism. B vitamins in particular play a crucial role in energy metabolism, helping convert food to energy. Folate and B12 support cognitive health.	<b>Take 2 tablets daily</b> , ideally in the morning with food, but not necessary.
	Minerals: Choline, Iodine, Zinc, Selenium, Copper, Manganese, Chromoium, Molybdenum	Ensuring adequate intake of minerals through diet or supplementation can help support bone health, heart health, muscle function, hormonal balance, immune function, cognitive function, and overall vitality.	
	Green Tea Extract	Providing antioxidant properties that may help protect against age-related oxidative stress and promote skin health, support metabolism and cardiovascular health.	


# 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](mailto:dina@naturallyanew.com/0409770430). I will get back to you as soon as possible to discuss the situation with you.
- 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><u>Room temperature</u> 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 <u>sitting position</u> also supports ideal water ingestion and flow to the stomach.</p> <p><u>Avoid drinking alot with meals</u>, 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 <b>constipation</b>; increasing stool bulk and consistency, and easing the passage through the intestines.</p> <p><b>Monitor your hydration</b> 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>

# Diet

Intervention	Instruction	Intent
Focus on protein at each meal	<p>Aim for protein that is low is saturated fat.</p> <p><u>Some ideas include</u></p> <p>Breakfast</p> <ul style="list-style-type: none"><li>• Greek Yogurt with berries + Toppings (Cacao, Flaxseeds, ‘Cholesterol Mix’ --- see end of report recipes/buying details)</li><li>• Cottage Cheese with tomatoes/cucumbers/peppers + Toppings (hemp, sunflower, pupmkin seeds)</li><li>• Omelette with vegetables</li><li>• Hard boiled eggs</li><li>• Chickpeas, lentils, other legumes</li></ul> <p>Lunch/Dinner</p> <ul style="list-style-type: none"><li>• Fish - Tuna/Salmon++</li><li>• Chicken</li><li>• Meat</li><li>• Soy products: Tofu/Tempeh++</li></ul> <p>+ quinoa/wholegrains (rice, barley - TRY AND BUY SPROUTED GRAINS) + cooked vegetables/salad/soup (FOCUS ON DARK GREEN)</p>	<p>Ideally the protein requirements for women are <u>0.36 grams of protein per pound of body weight.</u></p> <p>For women this usually comes to about a serve of protein, the size of your palm, per meal.</p>  <p>You can calculate your requirements <u><a href="#">here</a></u>.</p> <p>Keep in mind that as you age, your protein requirements are increased to prevent muscle mass loss (sarcopenia).</p> <p>A good way to track your protein, rather than grams, is to ensure that 10%–35% of daily energy intake come from protein, with ideal results seen at the upper end (35%) heading into advanced age.</p>

Intervention	Instruction	Intent
<p>“Eat the Rainbow”</p> <p>*See end of report for details.</p> <p>Full guidelines attached to email.</p>	<p>Focus on eating a diverse diet of fruit and vegetables.</p> <p>Incorporating different fruits and vegetables in your daily life introduces a wide spectrum of vitamins, minerals and phytonutrients ensuring that the body receives everything it could possibly need to thrive.</p> <p>This aims to not only increase your micro and macronutrient intake, but also amp up antioxidant and fibre benefits.</p> <p>Antioxidants are abundant in colorful produce such as berries, leafy greens, and bell peppers.</p> <p>Fibre does not only come from grains and starch. It can be found in many fruits and vegetables.</p>	<p>Eating a diverse variety of <u>fibre</u> from these vibrant foods have many functions in the body supporting digestive health, weight management, and helping regulate blood sugar levels. Many good quality fibres are also <u>prebiotics</u>, which act as selective fuel for beneficial bacteria in the gut promoting microbial health and diversity. They can also be fermented by this beneficial bacteria to produce short-chain fatty acids (SCFAs) which, among other things, reduce gastric inflammation and support barrier integrity.</p> <p>The phytonutrients found in colorful fruits and vegetables have potent <u>antioxidant</u> properties, which help neutralize harmful free radicals in the body. By reducing oxidative stress and inflammation, these antioxidants play a crucial role in preventing chronic diseases such as cardiovascular disease, cancer, and neurodegenerative disorders.</p>



Intervention	Instruction	Intent
<p>Superfood Additions</p> <p>*See end of report for details.</p>	<p><b><u>Ros's Reducing Cholesterol Mix:</u></b> Take 3 tablespoons of the mix in cereal, yogurt, smoothie, milk, water if palatable.</p> <p><b><u>Green Tea:</u></b> Switch your morning black tea to green tea, and try and have a few cups throughout the day.</p> <p><b><u>Cacao:</u></b> Top your greek yogurt or mix into smoothie or hot drink to supercharge your day. Order via <a href="#"><u>iHerb</u></a> or another option <a href="#"><u>iHerb</u></a></p> <p><b><u>Acai:</u></b> Top your greek yogurt or make a smoothie to supercharge your day. Order via <a href="#"><u>iHerb</u></a></p> <p><b><u>Apple Peel:</u></b> Top your yogurt, smoothie or cereal to supercharge your snack. Order via <a href="#"><u>iHerb</u></a></p>	<p>The cholesterol mix contains <b>flaxseed, psyllium husk, and oat bran, which are all rich sources of soluble fiber.</b> These form a gel-like substance when mixed with water in the digestive tract which binds with bile acids, which are made from cholesterol in the liver, and prevents their reabsorption. As a result, the liver needs to use more cholesterol to produce bile acids, leading to a reduction in circulating cholesterol levels.</p> <p>Superfoods like green tea, cacao, acai &amp; apple peel are rich in antioxidants like polyphenols, flavonoids, and anthocyanins. These help protect cells from oxidative damage caused by free radicals. This antioxidant activity may reduce the risk of chronic diseases such as heart disease, cancer, and diabetes.</p> <p>Regular consumption of <b>green tea</b> in particular may lower levels of LDL cholesterol (the "bad" cholesterol) and triglycerides, as well as improve the ratio of LDL to HDL cholesterol, reducing the risk of heart disease and stroke. It also contains caffeine and L-theanine, which have synergistic effects on brain function. They can improve mood, concentration, memory, and cognitive performance, promoting overall brain health and reducing the risk of neurodegenerative diseases like Alzheimer's and Parkinson's.</p>

# Lifestyle

Intervention	Instruction	Intent
Prioritise Sleep	<p>Aim to sleep 8 hours per night.</p> <p>Keep up with your 'routine' of sleep.</p> <p>Investigate <u>blue light blocking glasses</u> if continuously finding it hard to wind down. Wearing these from early evening really helps send messaging to the body that its time to wind down leading up to sleep.</p> <p>The benefits of sleep are extensive and crucial for overall health and well-being.</p>	<p>Firstly, adequate sleep is essential for cognitive function, including memory consolidation, learning, and problem-solving abilities. During sleep, the brain processes and stores information gathered throughout the day, facilitating learning and enhancing cognitive performance. Moreover, sufficient sleep supports emotional regulation and mental health.</p> <p>Additionally, sleep is essential for hormone regulation, including hormones involved in appetite regulation, metabolism, and stress response. Adequate sleep helps maintain a healthy balance of hormones, promoting metabolic health, appetite control, and stress resilience.</p> <p>Furthermore, sleep plays a crucial role in promoting longevity and overall quality of life. Consistently obtaining sufficient sleep is associated with a lower risk of mortality and improved overall health outcomes</p>

# More information

Intervention	Instruction	Intent
Monitor Cholesterol	<p>Be in touch after your next blood test.</p> <p>Right now we will tackle with diet advice.</p>	<ul style="list-style-type: none"><li>If cholesterol is still more elevated that you'd like we can introduce a stronger protocol to address that with herbs/nutrients.</li></ul>

## Das's Cholesterol Reducing Recipe

### Ingredients

500 grams of unprocessed oat bran  
250 grams of ground flaxseeds  
200 grams of psyllium husks

### Directions

- Mix ingredient together, ideally in a glass jar with tight lid
- Place in fridge

### Instructions:

Take 2-3 tablespoons however you like it, soup, cereal, in milk, smoothie (can divide morning and night)

Take this mix at night to reduce cholesterol levels.

To lower cholesterol, ideal to take at night, last meal of the day. It is ok if this is not done, will still have good effect. Can divide dose between the day.

ENSURE YOU DRINK ADEQUATE WATER WITH THIS MIX OR WILL EXPERIENCE CONSTIPATION.

# More information



## Phytonutrient Spectrum Foods

### RED

#### Foods

Apples  
Beans (*adzuki, kidney, red*)  
Beets  
Bell peppers  
Blood oranges

Cranberries  
Cherries  
Grapefruit (*pink*)  
Goji berries  
Grapes  
Onions  
Plums

Pomegranate  
Potatoes  
Radicchio  
Radishes  
Raspberries  
Strawberries  
Sweet red peppers

Rhubarb  
Rooibos tea  
Tomato  
Watermelon

#### Benefits

Anti-cancer  
Anti-inflammatory  
Cell protection

Gastrointestinal health  
Heart health  
Hormone health  
Liver health

### ORANGE

#### Foods

Apricots  
Bell peppers  
Cantaloupe  
Carrots

Mango  
Nectarine  
Orange  
Papaya  
Persimmons

Pumpkin  
Squash (*acorn, buttercup, butternut, winter*)  
Sweet potato

Tangerines  
Turmeric root  
Yams

#### Benefits

Anti-cancer  
Anti-bacterial  
Immune health  
Cell protection

Reduced mortality  
Reproductive health  
Skin health  
Source of vitamin A

### YELLOW

#### Foods

Apple  
Asian pears  
Banana

Bell peppers  
Corn  
Corn-on-the-cob  
Ginger root

Lemon  
Millet  
Pineapple

Starfruit  
Succotash  
Summer squash

#### Benefits

Anti-cancer  
Anti-inflammatory  
Cell protection  
Cognition

Eye health  
Heart health  
Skin health  
Vascular health

### GREEN

#### Foods

Apples  
Artichoke  
Asparagus  
Avocado  
Bamboo sprouts  
Bean sprouts  
Bell peppers  
Bitter melon

Bok choy  
Broccoli  
Broccolini  
Brussels sprouts  
Cabbage  
Celery  
Cucumbers  
Edamame/Soy beans  
Green beans

Green peas  
Green tea  
Greens (*arugula, beet, chard/swiss chard, collard, dandelion, kale, lettuce, mustard, spinach, turnip*)  
Limes

Okra  
Olives  
Pears  
Snow peas  
Watercress  
Zucchini

#### Benefits

Anti-cancer  
Anti-inflammatory  
Brain health  
Cell protection

Skin health  
Hormone balance  
Heart health  
Liver health

### BLUE/PURPLE/BLACK

#### Foods

Bell peppers  
Berries (*blue, black, boysenberries, huckleberries, marionberries*)

Cabbage  
Carrots  
Cauliflower  
Eggplant  
Figs

Grapes  
Kale  
Olives  
Plums  
Potatoes

Prunes  
Raisins  
Rice (*black or purple*)

#### Benefits

Anti-cancer  
Anti-inflammatory  
Cell protection

Cognitive health  
Heart health  
Liver health

### WHITE/TAN/BROWN

#### Foods

Apples  
Applesauce  
Bean dips  
Cauliflower  
Cocoa  
Coconut  
Coffee

Dates  
Garlic  
Ginger  
Jicama  
Legumes (*chickpeas, dried beans or peas, hummus, lentils, peanuts, refried beans/low-fat*)

Mushrooms  
Nuts (*almonds, cashews, pecans, walnuts*)  
Onions  
Pears  
Sauerkraut  
Seeds (*flax, hemp, pumpkin, sesame, sunflower*)

Shallots  
Soy  
Tahini  
Tea (*black, white*)  
Whole grains (*barley, brown, rice, oat, quinoa, rye, spelt, wheat*)

#### Benefits

Anti-cancer  
Anti-microbial  
Cell protection  
Gastrointestinal health

Heart health  
Hormone health  
Liver health



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