



**naturally  
anew**

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## Hindel

### Treatment Goals (short-term)

1. Reduce bloating *via* supporting complete food breakdown, digestion, absorption and assimilation to reduce fermentation.
2. Support mood and hormonal transitions *via* supporting HPA/HPO axis to manage fortify resilience
3. Support focus, concentration and stress resilience *via* neurotransmitter modulation, antioxidant neuroprotection and cerebral vasodilation to optimise neural function.
4. Reduce occurrence of UTIs and fungal infections *via* supporting gut and vaginal microbiome balance to manage negative overgrowths

### Treatment Goals (long-term)

1. Support health and longevity
2. Support hormonal transitions

# Overall Protocol

Including any adjustments to previous prescriptions

## Morning, around breakfast

- Take 1 x B Complex (capsule)
- Take 1ml Femix (1 dropperful)
- Take 1ml Fix-U (20 drops)\*

## Evening, around dinnertime

- Take 1ml Femix (liquid)
- Take 1ml Fix-U (20 drops)\*

## Take with meals

- 1 teaspoon Swedish bitters

## Take anytime

- 1 x Probiotic Femina Expert\*

\* OPTIONAL

## Diet & Lifestyle

- Focus on protein
- Eat the rainbow
- Prioritise sleep

# New Supplement Shopping List

Stores I visited that had many of these options, there seem to be MANY more:

- HaPina HaTivit, 101 Jaffa Rd (at Kiakh St), Jerusalem, [+972-26247821](tel:+972-26247821), [h-tiveit.co.il](http://h-tiveit.co.il)
- Anise

Israel Online:

- [BioGaya.co.il](http://BioGaya.co.il)

**READ ON FOR THE FULL REPORT**

# Naturopathic Treatment Plan

## Herbal

Product	Herb	Intent	Instruction
<p><b>Original Swedish Bitters</b> by Nutricare or RAN Botanicals</p> 	<p>Bitter herbs including:</p> <p><i>Gentian Luteana</i>   Gentian</p> <p>and others, depending on the brand chosen.</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>Stir 1 teaspoon of the extract in half glass of water and drink right before meals.</p> <p>THIS WILL NOT TASTE GOOD, BEST TO DRINK IT LIKE A 'SHOT'.</p>

**Further comments:** If you notice any symptoms like heartburn when taking these, take closer to food, in the middle of eating. Try and be consistent and record any changes you notice, to discuss at next appointment.


Product	Herb	Intent	Instruction
<p><b>Nano Femix</b> by NanoTeva* 129.00 ₪</p> 	<p><i>Vitex angus castus</i>   Chaste Tree</p> <p><i>Dioscorea villosa</i>   Wild Yam</p> <p><i>Paeonia lactiflora</i>   Peony</p> <p><i>Angelica sinensis</i>   Dong Quai</p> <p><i>Urtica dioica</i> / Nettle</p> <p><i>Taraxacum</i>   Dandelion</p> <p><i>Rehmannia</i> <i>glutinosa</i></p> <p><i>Eleutherococcus</i> <i>senticoccus</i>   Siberian Ginseng</p> <p><i>Lepidium meyenii</i>   Maca</p> <p><i>Glycyrrhiza glabra</i>   Licorice</p>	<p><b>Female Health (PMS/Peri Menopause):</b> <u>Vitex</u> regulates hormones, easing mood swings and breast tenderness. <u>Wild Yam</u> contains diosgenin, potentially converting to progesterone, alleviating PMS discomfort and balancing hormones. <u>Peony</u> and <u>Dong Quai</u> harmonize hormonal fluctuations, easing menstrual cramps and menopausal symptoms like hot flashes. <u>Nettle</u> provides nutrients and anti-inflammatory benefits, relieving PMS bloating. <u>Dandelion</u> acts as a diuretic, reducing water retention and supporting liver detoxification. <u>Rehmannia</u> &amp; <u>Licorice</u> nourish adrenal glands, reducing fatigue, while <u>Siberian Ginseng</u> enhances stress resilience and energy levels. These herbs collectively support women's reproductive health, addressing physical symptoms and emotional well-being throughout different life stages. <u>Maca</u> balances hormones, improving mood and reducing menopausal symptoms.</p>	<p>Take 1ml (dropper full) in the morning and evening.</p> <p>2ml total/day.</p> <p>The dropper can be diluted in water if that is preferred.</p>

\*This innovative Israeli technology aims to break down the components of the raw materials of medicinal plants into tiny particles, allowing the body to quickly and efficiently use the active components of the medicinal plants, to use them for the restoration and renewal of cells. This allows for low dosing with hopefully great results.


Product	Herb	Intent	Instruction
*OPTIONAL OPTION BELOW*			
<div>Fix-u פיקס-יו</div> <div>by שיאהטע</div> <div>119.00 ₪</div> <div></div> <div><p>* This can be used by you or any family members who could use some stress resilience, focus and calming, particularly of the mind.</p></div>	<div>Bacopa monnira   Bacopa</div> <div>Centella asiatica   Gotu Kola</div> <div>Rhodiola rosea   Rhodiola</div> <div>Glycyrrhiza glabra (DGL)   Licorice</div> <div>Withania somnifera   Ashwagandha</div> <div>Ginkgo biloba   Ginkgo</div> <div><ul style="list-style-type: none"><li>• Vitamin B6</li><li>• Gamma aminobutyric acid (GABA)</li></ul></div>	<div>Enhance cognitive performance and mental clarity: A study published explored a combination of Bacopa , Ginkgo , and Withania, showing improvements in cognitive function, memory, and attention. The synergistic effects of these herbs were attributed to their combined neuroprotective, antioxidant, and anti-inflammatory properties.</div> <div>Stress resilience: Combinations of Rhodiola, Ashwagandha, Gotu Kola &amp; Licorice have been studied for their adaptogenic properties. A clinical trial found that combinations significantly reduced symptoms of anxiety and improved overall stress resilience.</div> <div>B6 supports mood and cognition by aiding in the synthesis of neurotransmitters like serotonin and dopamine, which are crucial for mood regulation and cognitive function, while GABA acts as an inhibitory neurotransmitter, promoting relaxation and reducing anxiety. Together, they help maintain a balanced, calm, and focused mental state.</div>	<div>Take 20 drops (about 1 ml) twice a day.</div> <div>Drops can be diluted in half a glass of water or directly in the mouth.</div>

## Nutrition

Product	Hero ingredients	Intent	Instruction
<p><b>B Complex*</b></p> <p>by Biocare</p> <p>105-144 </p>  <p>* This would replace the B12 you are taking. At the high dose you were taking I'd want to see a blood test of your B12 levels before continuing on the Solgar Drops. It was probably great for you at the time, but levels should be replenished by now.</p> <p>UNLESS THERE IS A SPECIFIC IMBALANCE IN A FUTURE BLOOD TEST, OR A CHANGE IN YOUR PHARMACEUTICAL REGIME THAT SPECIFICALLY DEPLETES B12 I'D STICK TO A COMPLEX FOR THE TIME BEING.</p>	<p>B Vitamins in a synergistic bioavailable , digestable form and dose.</p> <ul style="list-style-type: none"> <li>• Vitamin B12 <i>Hydroxycobalamin</i></li> <li>• Vitamin B6 <i>P-5-P</i></li> <li>• Vitamin B1</li> <li>• Vitamin B2</li> <li>• Vitamin B5</li> <li>• Vitamin B9 <i>Folic Acid</i></li> <li>• Vitamin “H” <i>Biotin</i></li> </ul>	<p>Each B vitamin enhances the effectiveness of the others, ensuring comprehensive support for energy production, neurological function, and overall metabolic health.</p> <p>They collectively support the Krebs cycle and electron transport chain, essential for <b>converting food into cellular energy (ATP)</b>.</p> <p><b>Nervous System Support:</b></p> <ul style="list-style-type: none"> <li>• B1, B6, B12: Important for nerve function and neurotransmitter synthesis.</li> <li>• B9 and B12: Work together to prevent neurological issues and support cognitive function</li> </ul> <p>B6 helps <b>balance levels of hormones</b> like estrogen and progesterone, which can fluctuate during the menstrual cycle, reducing symptoms of PMS and Peri menopause such as mood swings, irritability, and anxiety.</p>	<p>Take <u>1 capsule</u> in the morning, with water.</p> <p>At times when you are feeling irritable, like the days/week before a period, you can take <u>2 capsules</u> in the morning.</p>
	<ul style="list-style-type: none"> <li>• Vitamin C</li> <li>• L-glycine</li> <li>• Choline</li> <li>• PABA</li> <li>• Inositol</li> </ul>	<p>These work synergistically with B vitamins to support <b>stress management, energy production, and hormonal balance</b> by participating in neurotransmitter synthesis, cellular energy metabolism, and antioxidant protection, optimizing physiological functions essential for overall well-being.</p>	

Product	Hero ingredients	Intent	Instruction
<p><b>Probiotic Femina Expert</b> by Altman 79.90 ₪</p> 	<p>These specific probiotic strains have been extensively studied for their benefits in urinary tract health, vaginal health, and microbiome balance.</p> <ul style="list-style-type: none"><li>• <i>Lactobaciullus rhamnosus GR-1</i></li><li>• <i>Lactobaciullus reuteri RC-14</i></li></ul>	<p><b>Urinary Tract Infections (UTIs):</b> <b>Prevention and Reduction:</b> Studies have shown that <i>Lactobacillus rhamnosus GR-1</i> and <i>Lactobacillus reuteri RC-14</i> can reduce the recurrence of UTIs. These strains adhere to the urogenital tract, outcompeting pathogenic bacteria like <i>E. coli</i>, and help maintain a healthy balance of microbiota.</p> <p><b>Clinical Evidence:</b></p> <ul style="list-style-type: none"><li>• A study published in the "Journal of Urology" found that women taking <i>L. rhamnosus GR-1</i> and <i>L. reuteri RC-14</i> experienced a significant reduction in UTI recurrence compared to the placebo group .</li></ul> <p><b>Fungal Overgrowths:</b> <b>Anti-Candida Effects:</b> These probiotic strains have shown efficacy in reducing Candida colonization in the urogenital tract. They compete with Candida for adhesion sites and produce substances that inhibit fungal growth.</p>	<p>Take 1 capsule a day with water.</p> <hr/> <p>This may be a good preventative measure for you to take religiously at times when you know you are more susceptible to these infections.</p> <p>It may be useful to take 1 full pack, 30 days, to start off with to get your system in a good place and then purchase another box for use when needed.</p> <p>Your choice!</p>

# Diet

Intervention	Instruction	Intent
<b>Increase Protein intake</b>	<p>Focus on <u>protein</u> at meals.</p> <p>Ideally you would eat 0.8 grams of protein per kilo of body weight per day ( 0.36 grams per pound. ) For women it usually comes to about a serve of protein, the size of your palm, per meal. Approximately 46g/day.</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><b>See end of report for more protein tips.</b></p>
	<p>Some good sources of 'unexpected' protein include:</p> <ul style="list-style-type: none"><li>• Cottage cheese</li><li>• Greek yogurt</li></ul> <p>Add some seeds like hemp. chia, pumpkin or sunflower seeds to boost protein and nutrient content of the meal with some essential fatty acids (EFAs) for added points!</p>	



Intervention	Instruction	Intent
<p><b>Eat the Rainbow</b></p> <p>This aims to not only increase your micro and macronutrient intake, but also amp up antioxidant and fibre benefits.</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>Antioxidants are abundant in colorful produce such as:</p> <ul style="list-style-type: none"><li>• Berries</li><li>• Leafy greens</li><li>• Bell peppers.</li></ul> <p>Fibre does not only come from grains and starch. It can be found in many fruits and vegetables.</p> <p><b>See end of report for rainbow foods guide.</b></p>	<p>Eating a diverse variety of fibre from these vibrant foods have many functions in the body supporting digestive health, weight management, and helping regulate blood sugar levels.</p> <p>Many good quality fibres are also prebiotics, 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 colourful fruits and vegetables have potent antioxidant 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>

# Lifestyle

Intervention	Instruction	Intent
<p><b>Prioritise sleep</b></p> <p>~ Aim to sleep 8 hours per night.</p>	<p><b>Establish a Consistent Sleep Schedule:</b> Commit to a regular routine, going to bed and waking up at the same time.</p> <p><b>Expose Your Eyes &amp; Skin to Morning Sunlight:</b> Exposure to natural light, especially during the sunrise, helps synchronize our internal body clock or circadian rhythm.</p> <p><b>Catch Sunset, when you can:</b> The warm hues of red and infrared light during this magical hour not only signify the close of the day but also play a crucial role in promoting healthy melatonin production, aiding in a restful night's sleep.</p> <p><b>Enjoy larger meals during daylight hours:</b> This aligns with your body's peak digestive enzyme production, allowing you to leverage the full benefits of your circadian rhythm. Have your last meal no later than 3 hours before bed.</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.</p> <p>Moreover, sufficient sleep supports emotional regulation and mental health. Additionally, sleep is essential for hormone regulation, including hormones involved in appetite regulation, metabolism, and stress response.</p> <p>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>

## Next appointment

I'd love to see you again for an online check-in a few months.

### Appointment Goals:

- Discuss any changes you've seen in the last few months.
- Have you had any pathology done? Particularly iron, B12, Vitamin D, liver markers?
- Review current supplements, diet and discuss how implementation was.
- Review how you're feeling, goals and how I can further support you.

More information

PROTEIN

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



# 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



# RAINBOW FIBRE

Many fruits and vegetables are excellent sources of fiber. Here are some high-fiber options:

## fruit

- Raspberries: Approximately 8 grams of fiber per cup.
- Pears: About 5.5 grams of fiber per medium-sized pear.
- Apples: Roughly 4.5 grams of fiber per medium-sized apple with skin.
- Bananas: Around 3 grams of fiber per medium banana.
- Oranges: Approximately 3 grams of fiber per medium orange.
- Strawberries: About 3 grams of fiber per cup.
- Avocados: Roughly 10 grams of fiber per medium avocado.
- Figs: About 1.5 grams of fiber per medium fig.

## veg

- Artichokes: Approximately 10 grams of fiber per medium artichoke.
- Broccoli: Around 5 grams of fiber per cup, cooked.
- Brussels Sprouts: About 4 grams of fiber per cup, cooked.
- Carrots: Roughly 4 grams of fiber per cup, raw.
- Beets: Approximately 3.8 grams of fiber per cup, cooked.
- Sweet Potatoes: Around 4 grams of fiber per medium sweet potato with skin.
- Spinach: About 4 grams of fiber per cup, cooked.
- Cauliflower: Approximately 3 grams of fiber per cup, raw.