



**naturally
anew**

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Jamie

Treatment Goals (short-term)

1. Improve iron parameters *via* providing cofactors to support iron absorption
2. Support sleep *via* boosting calming neurotransmitters to promote deeper sleep patterns and reduce stress and anxiety.
3. Support digestive function *via* invigorating digestive secretions and bile production to encourage complete digestion, absorption and assimilation of macro and micronutrients
4. Support energy levels *via* supporting essential cofactors in energy production to correct deficiencies and increase motivation, stamina, mental clarity and overall vitality.

Treatment Goals (long-term)

1. Support GIT health to increase and maintain nutrient retention
2. Maintain energy levels to support mood, motivation and continued health
3. Support hormonal regularity
4. Support stress and sleep

Naturopathic Treatment Plan

Herbal

Product	Herb	Intent	Instruction
<div>Enterozyme by Biopractica</div> <div>\$48.97</div> <div></div>	<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.	Take 1 tablet 15 minutes before meals, 3 x a day.
	<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.

Nutrition

Product	Hero ingredients	Intent	Instruction
<div>C-Max (powder) by Biomedica</div> <div>\$43.59</div> <div></div>	<div>High Dose Vitamin C (multiple forms) + Zinc + Vitamin A</div> <div>Bioflavonoids (polyphenols)</div>	<div>The adrenal glands, which are responsible for producing stress hormones like cortisol, have high concentrations of vitamin C. During stress, vitamin C is rapidly depleted, making it crucial for adrenal function and helping the body cope with stress. Vitamin C acts as an antioxidant, protecting the adrenals from oxidative stress.</div> <div>Vitamin C is essential for synthesizing carnitine, a compound involved in energy production by helping transport fatty acids into cells to be burned for energy. It also contributes to the synthesis of dopamine, which plays a role in motivation and mental focus.</div> <div>Vitamin C can support oestrogen and progesterone balance, which may help alleviate PMS symptoms like mood swings and irritability.</div> <div>Vitamin C significantly enhances the absorption of non-heme iron (plant-based iron) by converting it into a more easily absorbed form and supports heme (animal-based) sources too.</div> <div>They're not vitamins or minerals, but unique compounds that the plant has developed to protect itself from damage.</div>	<div>Take 1 teaspoon, 2 x day in water or juice with main meals.</div> <div>Morning & Evening</div>

Product	Hero ingredients	Intent	Instruction
<p>* MagCalm (powder) by Orthoplex</p> 	<ul style="list-style-type: none">• Magnesium glycinate• Glycine• Taurine• <i>Passiflora incarnata</i> (Passionflower) ext.• <i>Melissa officinalis</i> (Lemon balm) ext.	<p>These <u>nutrients</u> and <u>herbs</u> support relaxation and stress reduction by promoting the production of GABA, a neurotransmitter that calms the nervous system and enhances sleep quality. These ingredients help to alleviate anxiety, improve mood, and reduce physical tension, making it easier to fall asleep and stay asleep. Their combined effects contribute to overall mental clarity and a sense of tranquility, aiding in stress management and better sleep.</p>	<p>Take 1-2 scoops* in water an hour before bed, every day.</p> <p>*Once you've tried you can experiment with half doses as well, may be enough for you.</p>
<p>Biome Iron + Probiotic by Activated Probiotics</p>	<ul style="list-style-type: none">• Lactobacillus plantarum (299 V) (DSM 9843) Folic acid Ferrous• fumarate (Iron) Ascorbic acid (Vitamin C)	<p>Studies have shown that this species of probiotic are able to enhance dietary iron absorption in participants. Add this to other accessory nutrients to iron absorption it has been shown to naturally increase iron levels without heavy iron supplementation.</p>	<p>Take 1 capsule daily, ideally with a meal.</p>

Safety & Adverse Reaction Information

<ul style="list-style-type: none">• 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.
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Diet/Lifestyle

Intervention	Instruction	Intent
<p>30/30/30 Method</p> <p>Made viral by human biologist, researcher, and biohacker Gary Brecka, but the concept was first coined by Tim Ferris in his book titled ‘The 4-Hour Body’.</p>	<p>The goal is to:</p> <ol style="list-style-type: none">1. Eat 30 grams of protein2. Within 30 minutes of waking up in the morning3. Followed by engaging in 30 minutes of steady-state cardiovascular exercise (<i>think: low-intensity exercises like walking</i>), ensuring that your heart rate is at or below 135 BPM. <p>What does 30g of protein look like?</p> <ul style="list-style-type: none">• 3 eggs + WW toast• A smoothie with a scoop of protein powder (+ greek yogurt/coyo)• Greek Yogurt + berries+ protein powder + almond butter• Protein powder oatmeal	<p>Brecka claims that after one month of consistent practice, “you will watch your weight eviscerate.”</p> <p><u>What is the mechanism behind this theory?</u></p> <p>This method emphasizes the importance of eating protein first thing in the morning to stabilize glucose and insulin levels, preventing spikes in cortisol and insulin that can result from consuming caffeine or high-carb foods. This helps maintain hormone balance, reduce cravings, and support metabolism throughout the day.</p> <p>A 30-minute session of steady-state cardio at a heart rate below 135 BPM aids fat burning, digestion, and reduces inflammation.</p> <p>Exercising intensely without sufficient glycogen causes the body to burn lean muscle rather than fat, making protein intake essential to avoid muscle loss while building lean mass. During steady-state exercise, you should be able to talk on the phone, read a Kindle, and even take notes during a meeting; you should not be panting or huffing and puffing, which means you can seamlessly fit into your routine. This could look like walking, going on a leisurely bike ride or answering emails on your trusty stationary bike.</p>

Intervention	Instruction	Intent
Include more Prebiotic fibre	<p>The Australian Dietary Guidelines recommends approximately 25g of fibre per day, minimum, with Naturopathic ideal levels ultimately at 38g/day.</p> <p>Most people do not acheive this.</p> <p>See attached Prebiotic Fibre Handout, print out and hang somewhere to remind yourself to incorporate these foods daily.</p> <p>Try to include a few “new foods” each week.</p>	<p>Fibre has many functions in the body improving stool consistency and passage. It promotes satiety and reduces appetite, supports blood sugar regulation, reduces visceral fat and inflammation, improved digestive health and reduces bloating, may boost metabolic rate and can aid in fat storage regulation.</p> <p>To be classified as a prebiotic, the fibre must pass through the GI tract undigested, acting as selective fuel to stimulate the growth and/or activity of certain ‘good’ bacteria in the large intestine promoting microbial health and diversity.</p> <p>Some health benefits attributed to prebiotic intake includes modulation of the gut microbiota, improved mineral absorption, possible protection against colon cancer, improved blood glucose and insulin profiles, protection against intestinal infections and alterations in the progress of some inflammatory conditions.</p> <p>Prebiotics can also be fermented by this beneficial bacteria to produce short-chain fatty acids (SCFAs) which, amoung other things, reduce gastric inflammation and support barrier integrity.</p>

Next appointment

I'd like to see you again in after your next period.

Appointment Goals:

- Discuss cycle changes
- Consider functional testing

More information

TOP 50 PREBIOTIC FOODS

VEGETABLES

- Artichokes
- Asparagus
- Beets
- Bell Peppers
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Chicory Root
- Cucumbers
- Daikon Radishes
- Dandelion Greens
- Fennel Bulb
- Garlic
- Hearts of Palm
- Jicama
- Konjac Root
- Leeks
- Mushrooms
- Onions
- Peas
- Radishes
- Seaweed
- Sweet Potatoes
- Yams

FRUITS

- Apples
- Avocado
- Bananas
- Berries
- Cherries
- Kiwi
- Mango
- Olives
- Pears
- Plantains
- Tomatoes

OTHER SOURCES

- Chia Seeds
- Coconut Flour
- Dark Chocolate
- Flax Seeds
- Ginger Root
- Hemp Seeds
- Honey
- Legumes
- Pumpkin Seeds
- Quinoa
- Wild Rice



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SUPERCHARGE YOUR HEALTH

How to Add Fiber to Your Day:



For optimal health, naturopaths recommend aiming for 30-40 grams of fiber daily. Here's a simplified guide with individual ingredients and easy-to-measure portions that can help you meet your daily fiber goals.

High-Fiber Ingredients and Portions:

- Chia Seeds: 1 tablespoon = 5 grams of fiber
- Flaxseeds (ground): 1 tablespoon = 2.8 grams of fiber
- Almonds: A small handful (about 23 almonds) = 3.5 grams of fiber
- Oats (rolled): ½ cup (uncooked) = 4 grams of fiber
- Lentils (cooked): ½ cup = 8 grams of fiber
- Chickpeas (cooked): ½ cup = 6 grams of fiber
- Black Beans (cooked): ½ cup = 7.5 grams of fiber
- Apple (medium, with skin): 1 apple = 4.4 grams of fiber
- Raspberries: ½ cup = 4 grams of fiber
- Sweet Potato (with skin, medium): 1 sweet potato = 4 grams of fiber
- Avocado (medium): ½ avocado = 5 grams of fiber
- Broccoli (cooked): 1 cup = 5 grams of fiber
- Carrots (raw): 1 medium carrot = 1.7 grams of fiber
- Pumpkin Seeds: 1 tablespoon = 1.1 grams of fiber
- Whole Grain Bread: 1 slice = 2 grams of fiber
- Brown Rice (cooked): 1 cup = 3.5 grams of fiber

How to Add Fiber to Your Day:



Breakfast Ideas:

- Add 1 tablespoon of chia seeds to your smoothie or oatmeal for an extra 5 grams of fiber.
- Top your toast with ½ avocado to add 5 grams of fiber.
- Add 1-2 tablespoons of fibre mix (see shopping list) to a bowl of greek yogurt and berries for to add 2-3 grams of fiber.

Lunch Ideas:

- Toss ½ cup of chickpeas into your salad for an extra 6 grams of fiber.
- Use 1 cup of cooked broccoli in a stir-fry to boost your fiber by 5 grams.

Snack Ideas:

- Enjoy a handful of almonds (about 23 almonds) for a quick 3.5 grams of fiber.
- Pair an apple with skin with a tablespoon of almond butter for an easy 5+ grams of fiber.

Dinner Ideas:

- Serve your meal with ½ cup of lentils to add 8 grams of fiber.
- Bake a sweet potato with skin for 4 grams of fiber and top it with a sprinkle of pumpkin seeds for an extra 1.1 grams.