



**naturally
anew**

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22/01/25

Jamie

Treatment Goals (short-term)

1. Support mood & sleep *via* boosting calming neurotransmitters to promote deeper sleep patterns and reduce stress and anxiety.
2. Support digestive function *via* invigorating digestive secretions and bile production to encourage complete digestion, absorption and assimilation of macro and micronutrients
3. Support energy levels *via* supporting essential cofactors in energy production to correct deficiencies and increase motivation, stamina, mental clarity and overall vitality.
4. Support immune health and reactivity *via* reducing histamine levels and reducing inflammation.

Treatment Goals (long-term)

1. Support hormonal regularity
2. Support stress and sleep
3. Support GIT health to increase and maintain nutrient retention
4. Support skin and allergic/immune reactivity

Naturopathic Treatment Plan

Herbal

Product	Herb	Intent	Instruction
<div>DigestZyme by Interclinical \$42.41</div> <div></div>	<div><i>Berberis vulgaris</i> Barberry (berberine) <i>Cynara scolymus</i> Globe artichoke</div> <div><i>Zingiber officinalis</i> Ginger</div> <div>Digestive enzymes: Protease 115000 HUT Tilactase 2000 ALU Lipase</div>	<div>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.</div> <div>May help to<ul style="list-style-type: none">Assist digestion of lactoseAids the digestion of fats, fatty acids and triglyceridesSupport healthy digestion and healthy digestive system function</div>	<div>2 capsules twice daily 15 minutes before biggest meals, or with first bites.</div>

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
<p>HistEase by Biomedica \$69.64</p> 	<p>Quercetin Nigella sativa (Black seed) oil Rutin (Rutoside) Retinol palmitate (Vitamin A)</p>	<p>May help to</p> <ul style="list-style-type: none">• Support immune system health• Relieve symptoms of mild allergies• Reduce mild gastrointestinal tract inflammation• Support gastrointestinal and respiratory mucous membrane health	<p>2 capsules twice daily with water, or a maximum of 8 capsules daily (during acute flare ups)</p>
<p>GenoMulti Active B by Biopractica \$55.64</p> 	<p>B Vitamins & Essential Minerals</p>	<p>May help to</p> <ul style="list-style-type: none">• Support red blood cell health & energy• Decrease free radical damage to body cells• Support healthy stress response in the body	<p>Take 1 capsule in the morning, with meal.</p>
<p>TriMag Supreme by Designs for Health \$43.95</p> 	<p>Magnesium amino acid chelate Magnesium orotate Magnesium glycerophosphate</p>	<p>Magnesium chelate is highly bioavailable and gentle on the stomach, aiding muscle relaxation, nervous system calming, and improved sleep. Magnesium orotate is beneficial for energy production supporting cellular mitochondria and can help regulate hormonal balance. Magnesium glycerophosphate has a soothing effect on the nervous system and supports optimal magnesium levels without irritating the gut, which is especially helpful for allergy sufferers dealing with inflammation.</p>	<p>Take 3 capsules before bed.</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

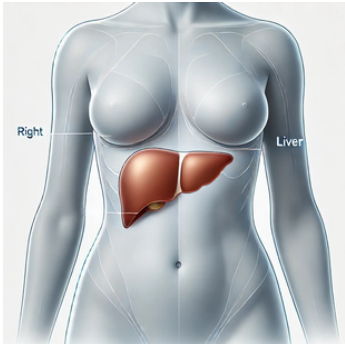
Intervention	Instruction	Intent
Alcohol ‘detox’	<p>Remove all alcohol from the diet for a month, and we’ll revisit.</p> <p>Taking a break from alcohol can have a significant impact on improving your histamine levels, balancing hormones, reducing allergic reactions like hives, and boosting your energy.</p> <p>Encouraging your liver to rest and repair through reduced alcohol intake can be a powerful step toward better health and symptom relief!</p>	<p>Here’s how:</p> <ol style="list-style-type: none">1. Histamine Regulation: Alcohol contains histamine and can also block the enzyme (DAO) responsible for breaking down histamine in your body. This can lead to higher histamine levels, worsening allergies, hives, and inflammation.2. Hormonal Balance: Your liver plays a key role in metabolizing hormones. Alcohol can burden the liver, slowing down its ability to break down and regulate hormones. Reducing alcohol gives your liver the chance to function optimally, which helps improve hormonal balance.3. Reduced Allergic and Inflammatory Responses: Alcohol can increase inflammation and disrupt your immune system, making you more prone to allergic reactions. Cutting out alcohol helps lower systemic inflammation and supports your immune health.4. Boosted Energy: Alcohol interferes with sleep quality and depletes nutrients like B vitamins and magnesium, which are crucial for energy production. Giving up alcohol allows your body to replenish these nutrients, improving energy levels and overall vitality.

Diet

Intervention	Instruction	Intent
<p>Focus on protein with each meal</p> <p>See end of report for more meal ideas.</p>	<p>Aim to include 30g of protein in each meal.</p> <p>Here are simple examples to guide you:</p> <p>Breakfast Ideas</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>Lunch Ideas</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>Dinner Ideas</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>Protein is a key nutrient for supporting overall health, particularly when it comes to muscle maintenance, metabolism, and balanced energy.</p> <p>When you eat protein, your body breaks it down into amino acids, which are used to repair and build muscle tissue. Having adequate muscle mass is important because muscle is metabolically active—meaning it burns more energy than fat, even at rest. This helps the body efficiently use calories, supporting stable energy levels throughout the day. 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. In addition, protein is involved in the production of neurotransmitters, like serotonin, that help regulate mood. This can be particularly helpful for someone who is managing chronic stress, as it promotes a sense of well-being and can counteract the mental and physical fatigue that often accompanies a busy, overworked lifestyle.</p>

Lifestyle

Intervention	Instruction	Intent
<p>Castor Oil Pack</p> <p>Start with 2–3 sessions per week. You can gradually increase to daily use if tolerated.</p> <p>DO NOT USE ON YOUR PERIOD.</p>	<p>Instructions:</p> <ol style="list-style-type: none">1. Prepare the Pack:<ul style="list-style-type: none">• Lay your castor oil pack flat and apply a generous amount of castor oil to the flannel insert or directly to the skin over the liver area.2. Position the Pack:<ul style="list-style-type: none">• Place the pack over your liver, located on the right side of your abdomen, just below your rib cage. (See the illustration below for guidance.)3. Secure the Pack:<ul style="list-style-type: none">• Attach the pack securely to your body using the straps or elastic provided. Ensure it is snug but not too tight.4. Optional - Add Heat:<ul style="list-style-type: none">• If desired, place a heating pad or hot water bottle over the pack to enhance absorption and relaxation.5. Relax:<ul style="list-style-type: none">• Lie down in a comfortable position or sit in a reclined chair. Keep the pack on for 30–60 minutes. Use this time to relax, meditate, or read.6. Remove the Pack:<ul style="list-style-type: none">• After the session, remove the pack and wipe off any excess oil with a towel or a warm, soapy cloth.	<p>Using castor oil packs over the liver can provide several health benefits, including:</p> <ol style="list-style-type: none">1. Detoxification Support: Castor oil enhances lymphatic drainage and blood circulation, which aids the liver in eliminating toxins.2. Anti-inflammatory Effects: The oil has natural anti-inflammatory properties that can soothe discomfort and reduce inflammation in the liver area.3. Hormonal Balance: By supporting liver function, castor oil packs help the liver metabolize hormones efficiently, which may assist with menstrual irregularities and hormonal imbalances.4. Improved Digestion: The liver plays a key role in bile production, and improved liver function may enhance digestion and nutrient absorption.5. Stress Reduction: The warmth and relaxation associated with castor oil packs can have a calming effect on the nervous system.6. Support for Allergic Reactions and Immune Reactivity: By promoting liver detoxification and reducing systemic inflammation, castor oil packs may help regulate immune responses and alleviate symptoms of allergies or heightened inflammatory reactivity.



Intervention	Instruction	Intent
Meditation	<p>Try and practice some mindfulness while we wait for results and start working on balancing your hormones.</p> <p>Let go.... and trust the process :)</p> <p>Listen from 1:20 https://youtu.be/EQLjMgqsYkU</p>	<p>Heart Math meditation heart-focused breathing meditation that can help you quickly change from feeling stressed to feeling calm.</p> <p>Science-based and used worldwide, HeartMath meditation uses breathing techniques to bring about coherence — the alignment of your physical, mental and emotional systems to work in sync.</p>



Next appointment

I'd like to see you again when results come through.

Appointment Goals:

- Review changes since supplement introduction.
- Review results from Functional Testing
- Implement new plan



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 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 + avocado, olive oil, lemon juice, and chopped herbs.

