



**naturally
anew**

www.Naturallyanew.com

dina@naturallyanew.com | 0409 770 430

Leah

Treatment Goals (short-term)


1. **Reduce GI symptoms *via*** supporting complete food breakdown, digestion, absorption and assimilation to reduce fermentation.
2. **Support energy, cramps & deficiencies *via*** optimising nutrient cofactors for energy production and electrolyte balance.
3. **Support GIT transit time *via*** normalising GIT peristalsis, acting as an osmotic laxative, & activating cholecystokinin (CCK) release to increase gut motility and digestive enzyme secretion.

Treatment Goals (long-term)

1. Investigate root cause GI discomfort & support
2. Support thyroid (& autoimmunity)
3. Ensure nutrient balance
4. Support liver detoxification processes
5. Review pathology and establish protocol: cholesterol, iron, antibodies
6. Consider Hair Tissue Mineral Analysis (HTMA)

Naturopathic Treatment Plan

Herbal

Product	Herb	Intent	Instruction
Enterozyme by Biopractica  \$52.15 <i>Vegan capsules</i>	<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.

Product	Hero ingredients	Intent	Instruction
<div>AlkaMin Calm by Orthoplex White</div> <div></div> <div><div>\$43.95</div><div>Vegan Powder</div></div>	<div>Magnesium</div> <div>Minerals: Calcium, <u>Potassium</u>, Zinc, Selenium, Chromium, Molybdenum</div>	<div>Energy, Stress & Anxiety:</div> <p>Magnesium is a cofactor for the primary energy currency of the body and supports the conversion of food into energy at the cellular level. Magnesium helps regulate stress hormones maintaining steady energy. It helps balance neurotransmitters in the brain particularly GABA, calming the central nervous system, reducing stress and anxiety. IBS-M: Magnesium reduces constipation through smooth muscle relaxation and osmotic softening of stool promoting regular bowel motions</p> <div>Electrolyte balance:</div> <p>These charged ions help regulate essential bodily functions, including fluid balance, nerve function, muscle contraction, and maintenance of proper pH levels. Maintaining the right electrolyte levels is essential for hydration, particularly with cramping and deficiencies. Sodium and potassium in particular are critical for preventing blood pressure drops when transitioning from sitting or lying down to a standing position.</p>	<div>Take 1 scoop of powder, in approximately ½ cup of water, the morning, with breakfast. Take 1 scoop of powder with water in the evening, after dinner.</div>







Product	Hero ingredients	Intent	Instruction
<p>OPTIONAL: Megaspore Probiotic by Microbiome Labs</p>  <p>\$73.65 Vegetarian, Capsules</p>	<p>Probiotic Blend of:</p> <p><i>Bacillus indicus</i>, <i>HU36™</i>† <i>Bacillus subtilis</i>, <i>HU58™</i>† <i>Bacillus coagulans</i> <i>(SC-208)</i>† <i>Bacillus licheniformis</i> <i>(SL-307)</i>† <i>Bacillus clausii</i> <i>(SC-109)</i>†</p>	<p>MegaSporeBiotic supports gut health by reconditioning the microbiome, strengthening the gut barrier, and promoting microbial diversity. Its spore-based strains, like <i>Bacillus indicus</i> HU36™ and <i>Bacillus clausii</i>, survive digestion to produce antioxidants, vitamins, and short-chain fatty acids,</p> <p>MegaSporeBiotic is a spore-based probiotic designed to:</p> <ul style="list-style-type: none">✔ Strengthen the gut lining – Helps repair leaky gut and reduce food sensitivities.✔ Lower inflammation – Calms the immune system and supports a balanced gut.✔ Crowd out harmful bacteria – Reduces overgrowths that can cause bloating and gut discomfort, especially when you eat off-plan.✔ Regulate digestion – Helps stabilize bowel movements, easing both diarrhea and constipation.	<p>Suggested Use: Start with 1 capsule every 2 days with food and slowly increase to 2 capsules per day.</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.

Intervention	Instruction	Intent
Hydration	<p>Aim for 3L of mineral water daily.</p> <ul style="list-style-type: none">• Room temperature 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.• Drinking while in a sitting position also supports ideal water ingestion and flow to the stomach.• Avoid drinking alot with meals, try only drinking small sips if needed and drink majority of water around meals.	<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 constipation; increasing stool bulk and consistency, and easing the passage through the intestines.</p> <p>Monitor your hydration 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>

Intervention	Instruction	Intent
<p>'Easy Digestable' Foods</p> <p>Watch for histamine foods, note if reactive.</p>	<p>Focus on warm, easy-to-digest meals like stews, soups, and soft-cooked vegetables (+ cucumbers!)</p> <p>Even though chicken soup is often recommended for healing, it can sometimes be an issue if it includes high-FODMAP ingredients like onion and garlic, or if the fat content is too high for your current digestive capacity. Some people with gut issues also struggle with histamines in long-cooked broths.</p> <p><u>SEE END OF REPORT FOR HISTAMINE CONNECTION AND OTHER FOODS TO LOOK OUT FOR.</u></p>	<p>When your gut is struggling, certain foods can be hard to break down and might cause discomfort like bloating, cramping, or loose stools. This is because digestion requires energy and the right balance of stomach acid, enzymes, and gut bacteria to break down food properly.</p> <p>Raw vegetables can be difficult to digest because they contain tough fibers that require a strong digestive system to break down. If your gut is inflamed or imbalanced, these fibers can ferment in your intestines, leading to gas and irritation. The same goes for other hard-to-digest high-fiber foods like nuts, seeds, and some legumes.</p> <p>This is why cooked, warm foods can be so helpful. Cooking helps break down fibers and makes nutrients easier to absorb, reducing the workload on your digestive system. Think of it like pre-digesting your food so your gut doesn't have to work as hard.</p>

Intervention	Instruction	Intent
Cycle Tracking App	<p>Check out these apps:</p> <p>Natural Cycles App (paid) claims they are 93% effective compared to other birth control methods.</p> <p>Ovia Fertility & Cycle Tracking App (Free)</p> <div><div><p>HORMONAL</p><div><div><p>93%</p><p>Contraceptive Pill</p></div><div><p>93%</p><p>Vaginal Ring</p></div><div><p>99%</p><p>Hormonal IUD</p></div></div><div><p>NON-HORMONAL</p><div><div><p>93%</p><p>Natural Cycles®</p></div><div><p>87%</p><p>Condom</p></div><div><p>99%</p><p>Copper IUD</p></div></div></div></div></div>	<p>Using birth control apps as a natural birth control method is known as family awareness method (FAM).</p> <p>Using these apps are essentially a detailed period tracker so you can avoid intercourse or use other protection during your most fertile period - ovulation.</p> <p>There are different statistics comparing the effectiveness of these apps to condoms and other birth control methods, but it is agreed that the likely reason for a slightly lower score is due to user error and variance in menstrual cycles (irregular cycles usually). As a general rule, this method will be most effective for people with regular periods.</p>
Further Testing: Pathology (through GP)	<p>Send through any recent Pathology (the last year or even two).</p> <p>& any other testing.</p>	

Intervention	Instruction	Intent
<p>Functional testing (through Naturopath only)</p> <p>Let me know if you'd like to do this test and I'll set up your access.</p>	<p>MetaXplore GI by Co-Biome \$489</p> <p>More information attached in email.</p>	<p>This is an optional complete microbiome mapping test, if you choose. This is not mandatory and we can work together if this is not done it just may take more time and we may not truly get to the complete root cause of the issue. We can definitely offer relief regardless with a more generalised approach to gut repair and support.</p> <p>This comprehensive report will include diagnostic GI health markers, complete microbiome diversity and species including bacteria, fungi, parasites (many more than the 3 shown on your blood test) and archaea detection. Microbial metabolite markers including short-chain-fatty-acids and methane.</p> <p>With this comprehensive information from a high-tech laboratory in Australia backed by the most recent scientific research I can offer targeted diet, supplements and lifestyle insight. If you choose to do this test, based on a stool sample, I will receive results approximately 28 days after receipt.</p>

Next appointment

I'd like to see you again post GI Map Testing or In approximately 6 weeks to review progress and start next stage of the plan.

Appointment Goals:

- Review pathology
- Review functional testing
- Discuss Thyroid & Cholesterol
- Review changes since last appointment and any limitations or difficulties encountered in the current plan.

HISTAMINE & GUT HEALTH

Your body naturally produces histamine, a compound involved in immune responses, digestion, and neurotransmission. Some foods also contain histamine or trigger its release, and normally, the body breaks it down using an enzyme called DAO (diamine oxidase). However, if your gut is inflamed, your DAO levels may be low, or your body may struggle to clear histamine efficiently. When histamine builds up, it can lead to symptoms like bloating, headaches, flushing, nasal congestion, itching, dizziness, or digestive upset.

How This Relates to Broths & Leftovers

Chicken soup and bone broths are often simmered for long periods, which increases their histamine content. The longer a food sits—whether it's aged, fermented, or just stored as leftovers—the more histamine it tends to contain. That's why some people feel worse after eating reheated meals.

Other High-Histamine Foods to Watch For

If histamine intolerance is contributing to your gut symptoms, you may also notice reactions to:

- Fermented foods (sauerkraut, kimchi, kombucha, aged cheese, yogurt, kefir)
- Cured or smoked meats (salami, bacon, aged beef)
- Leftover meats and fish (histamine increases as they sit)
- Alcohol (especially wine, beer, and champagne)
- Vinegar-based foods (pickles, balsamic vinegar, soy sauce)
- Certain vegetables (tomatoes, eggplant, spinach, and avocado are naturally higher in histamine)
- Citrus fruits (can trigger histamine release in some people)

What to Eat Instead?

Since histamine intolerance often goes hand-in-hand with gut issues, it can help to focus on freshly cooked, warm meals with simple ingredients. Soft-cooked vegetables, fresh poultry, fish, and gentle grains like rice or quinoa can be easier to tolerate.