



**naturally
anew**

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Treatment Goals (short-term)

1. Improve sleep *via* regulating cortisol levels and re-establishing circadian rhythm.
2. Support arterial integrity *via* reducing coronary artery calcification progression to reduce risk factors for cardio event
3. Improve arthritic symptoms (stiffness, pain) via reducing inflammation
4. Optimise health *via* investigating, reviewing and streamlining current protocol to ensure targeted, high quality, evidence-based interventions persevere

Treatment Goals (long-term)

1. Reduce arthritic environment and prevent progression
2. Support prostate health and prevent progression
3. Support cardiovascular health and prevent progression
4. Maintain sleep patterns
5. Support health and longevity *via* intentional and personalised dietary and lifestyle interventions

Treatment Plan

Herbal

Product	Herb	Intent	Instruction
<p>Kyolic Heart & Cholesterol Formula by Nutra-Life</p> <p>120 caps (Vegan)</p> <p>(Available through Vital.ly & Chemist Warehouse)</p> <p>1 bottle = 1 month supply</p>	<i>Allium sativum</i> (Garlic)	<p>Cardiovascular: Aged garlic has been shown in human clinical trials to improve endothelial artery function, reduce fatty plaque progression and size, reduce total cholesterol, blood pressure and inflammation. A study found that individuals taking therapeutic doses of aged garlic + statins slowed increase of calcium score to 7.5% per year, compared to 22.2% per year for those on statins alone.</p> <p>Osteoarthritis: support microcirculation providing nutrients to tissues and joints strengthening their integrity.</p>	<p>Take 2 tablets in the morning and 2 tablets in the evening.</p> <p>Ideally, take this away from pharmaceutical medication by 2 hours.</p>
	Chromium & Thiamine (B1)	<p>These accessory nutrients aim to support muscle tone of the heart and help convert blood sugar to energy and reduce cholesterol.</p>	

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

Nutrition

Product	Hero ingredients	Intent	Instruction
<p>Cardio-H by Orthoplex White \$64.96 (Vegan)</p> <p>Available on your Vitality account.</p> <p>1 bottle = approximately 3 week supply</p>	<i>Hibiscus sabdariffa</i>	Cardiovascular support: Aims to reduce blood pressure and arterial pressure with higher efficacy than a diuretic seen for mild to moderate hypertension. <u>Effects started to take place within 2-4 weeks.</u>	<p>Take <u>1 scoop of powder</u>, in approximately ½ cup of water, the morning, with breakfast.</p> <p>Take <u>1 scoop of powder</u> with water in the evening, after dinner.</p> <p><u>Total: 2 scoops daily.</u></p> <p>This supplement is ideally taken with food, to support to absorption of nutrients.</p> <p>Ideally, take this away from pharmaceutical medication by 2 hours.</p>
	Magnesium	Energy, Stress & Anxiety: Magnesium is a cofactor for the primary energy currency of the body and supports the conversion of food into energy at the cellular level regulating stress hormones and improving sleep. See more information below.	
	Citrulline & Taurine	Cardiovascular support: aims to improve artery flow vasodilation, vascular endothelial tone and relaxation, decreasing blood pressure. and cholesterol levels.	
	Vitamin K2 (Menaquinone 7)	Improved arterial stiffness and arterial calcification by essentially taking the calcium out of the arteries and putting it back in the bones where it belongs. K2 greatly reduces aortic calcification and occurrence of cardiac event.	
	Vitamin C	Improved blood pressure and endothelial function of coronary arteries	
	B Vitamins & Selenium	Accessory nutrients to support cardiovascular functioning reducing oxidative stress, inflammation and supporting blood vessel integrity.	

Product	Hero ingredients	Intent	Instruction
<p>TriMag by Designs for Health 120 caps</p> <p>Already own but will be available on your Vital.ly account for future.</p> <p>1 bottle = approximately 2 month supply</p>	Magnesium orotate	<p>Different forms of magnesium offer extra layers of support and the orotate in this formula help lift CoQ10 into the mitochondria in the heart, supporting cell health.</p> <p>Magnesium deficiency has been a predictor of cardiovascular mortality with studies showing that ingestion of 500-600mg+ of magnesium daily will reduce hypertension, insomnia, stress, and neurodegeneration.</p>	<p>Take 2 capsules daily. Any time.</p> <p>This will take your total magnesium per day to 600mg.</p>
<p>Omega 3 by Green Nutritionals 90 caps \$57.67 (Vegan & Kosher from Algae)</p> <p>Available on your Vital.ly account.</p> <p>1 bottle = approximately 1 month supply</p>	EPA/DHA	<p>General anti-inflammatory effects benefit metabolic health, cardiovascular, arthritis and benign prostate hyperplasia.</p> <p>Cardiovascular: At therapeutic doses, with long-term supplementation, omega-3 can support endothelial and smooth muscle function, reducing inflammation, improving cholesterol levels, arterial stiffness and hypertension.</p> <p>Osteoarthritis: Omega-3 works synergistically with glucosamine and chondroitin on cartilage metabolism, slowing the progression of cartilage destruction and may help regenerate the joint structure.</p> <p>Prostate: There is a study showing that concomitant omega-3 use with Tamsulosin medication improved parameters.</p> <p>Note: Omega-3 has its best results, preventing inflammation and cardiovascular events after 1 year of use and beyond. Effects usually take a minimum of 6 months to begin showing a change</p>	<p>Take 3 capsules daily, with food, ideally a fatty meal.</p> <p>Ideally, take this away from pharmaceutical medication by 2 hours.</p>

Product	Hero ingredient s	Intent	Instruction
<p>CoQ10 by Orthoplex White</p> <p>30 caps</p> <p>\$39.50</p> <p>(Vegan)</p> <p>(REPLACE PREVIOUS PRODUCT - NOT VEGAN)</p> <p>Available on your Vital.ly account.</p> <p>1 bottle = approximately 1/2 month supply</p>	<p>CoQ10</p> <p>Note: some of the nutrients included in the Cardio-H supplement support CoQ10 absorption as well.</p>	<p>Statins inhibit the biosynthesis of CoQ10 in the body.</p> <p>CoQ10 improves endothelial function and peripheral circulation, lowering blood pressure. Dysfunction of the endothelium is an early step in atherosclerosis, and improving its function can help prevent plaque formation. It is an outstanding antioxidant protecting the mitochondria, which naturally declines with age. It helps prevent Statin-Induced Cardiomyopathy and inhibits low density lipoprotein (LDL) oxidation, which may prevent the development of atherosclerosis. It also reduces proinflammatory cytokines and blood viscosity, which is beneficial for patients with heart failure and coronary artery disease.</p>	<p>Take 1 capsule in the morning, with food & 1 capsule in the evening with food.</p>

Further comments: Remember, to experience best results, consistency is key.

Continue supplements:

- **Vegetarian Glucosamine** - the non-vegan version of this has a lot of research supporting arthritis. I am unsure of the quality of this supplement but it seems like a good vegetarian option that you have been using for a while. You can remain on this product if you have been seeing results.
- **Natural Factors: Eggshell membrane** - continue as long as you would like. There is good research behind this ingredient for arthritis.
- **Designs for Health: TriMag**: see instructions above, continue with 2 a day.

Discontinue supplements:

- **Now: K2-7 (menaquinone)**- can continue until finish the bottle, but DO NOT START new supplement Cardio-H until finished.
- **Z-Stack** - I think you can stop taking this for the meantime. If you feel like you are coming down with something, or the people around you are, you can take this at that time for a week or 2 for immune support at the time. You can contact me for further advice around that time.
- **Bioceuticals CoQ10** - this is not a vegan product. Above is a vegan substitute.

Summary:

1. Kyolic Heart & Cholesterol | Take 2 capsules, AM and PM
2. Cardio-H | Take 1 scoop, 2 x daily
3. Take CoQ10 | 1 capsule, 2 x daily (with 'fatty meals')
4. Take TriMag | Take 2 capsules daily, towards the evening may support sleep
5. Take Omega-3 | Take 3 capsules daily, (best with biggest meal of the day)
6. Vegetarian Glucosamine | Continue as previous
7. Eggshell membrane | Continue as previous
8. Melatonin (3-6mg) | Take in the evening, 1/2 hour before intending to sleep.

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.
- 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 potassium intake	Try and increase your intake of potassium foods each day to 3000mg+. <i>See list at the end of the report of potassium foods.</i>	Potassium intake over 3000mg/d reduced risk of cardiovascular disease by 25% (3000-5000mg saw ideal results). Potassium works in conjunction with sodium to maintain the balance of fluids in and around cells. An imbalance in the sodium-potassium ratio can lead to high blood pressure, which is a significant risk factor for heart disease. The balancing of electrolyte minerals, including magnesium and potassium will help regulate heart rhythm, blood pressure, and overall cardiac function.
Food quality & balance	Include protein at all meals and try to balance your plate. <i>See illustration at the end of this report.</i>	Protein requirement for men are 0.84 -0.94 grams of protein per kg of weight per day, a 70kg man would require 65.8 grams of protein/day. This may look like: <ol style="list-style-type: none">1. Chicken Breast: A 100-gram serving of cooked, skinless chicken breast contains approximately 31 grams of protein. To get around 65.8 grams of protein from chicken breast, you would need to consume approximately 213 grams of cooked chicken breast.2. Salmon: A 100-gram serving of cooked salmon provides roughly 25 grams of protein. To obtain 65.8 grams, you'd need to eat approximately 263 grams.3. Eggs: A large egg typically contains around 6-7 grams of protein. To reach 65.8 grams of protein, you would need to consume about 9-11 large eggs.4. Greek Yogurt: A 170-gram serving of Greek yogurt can contain around 15-20 grams of protein. To get 65.8 grams, you would need to eat approximately 330-440 grams of it.5. Lentils: Cooked lentils provide about 9 grams of protein per 100-gram serving. To obtain 65.8 grams, you would need to consume roughly 732 grams. <p>We recommend the majority of your meals contain around:</p> <ul style="list-style-type: none">• 25% high-fibre carbohydrates• 25% protein• 50% non-starchy vegetables (or one to two portions of fruit)• At least one serving of fat

Intervention	Instruction	Intent
<p>Intermittent fasting: consider 16:8</p>	<p>16:8 fasting could improve stress and sleep levels and has much more research behind it for metabolic health.</p> <p>Studies even show 14:8 fasting may be the ideal, and has research to support its effect on atherosclerosis.</p> <p><i>Consider a trial period of eating in a wider window.</i></p>	<p>Keep in mind that though there is some good research behind time restricted eating , there are a few caveats to this data:</p> <ol style="list-style-type: none"> 1. There are no long-term studies to date, particularly looking at cardiovascular parameters and longevity. You have already been fasting for 'longer' than studies end-results. 2. Most studies are conducted with 12-16 hours fasts, finding 14-16 hours with most optimal benefit. 3. Those who fast 20+ hours are often keeping a ketogenic diet and are very conscious of the exercise and macro/miconutrient intake. There is not much clinical evidence on these hours of fasting. 4. Studies have shown benefit for weight loss/body composition, and moderate effects on blood pressure and lipid profiles but there is no strong data to show its positive effects on cholesterol, blood sugar and preventing cardiovascular disease. Review studies have concluded that further research is needed to ascertain which patient groups will benefit from intermittent fasting, particularly with a follow up 5 years +. 5. There are animal studies that have contradicting research on time restricted eating and atherosclerosis, some saying it may ehance the process. 6. There are identified risk factors involved including high cortisol levels and extra 'stress' on the body, particularly when diety quality & sleep is poor. Sleep is a vital regenerative process in the body when cellular repair in the liver, gut, brain and poor sleep may counteract many of the benefits of fasting, even with weight loss. 7. It is very important to eat at certain times in the day, closer to the morning and more "active" portion of the day. It is also good to eat at the same times every day. <p>This may be an interesting (& long) podcast for you: https://www.hubermanlab.com/episode/effects-of-fasting-and-time-restricted-eating-on-fat-loss-and-health</p>

Lifestyle

Intervention	Instruction	Intent
Exercise	Walking is great, keep that up! It would be beneficial to find a trainer as well.	<ul style="list-style-type: none">• Cardiac mortality reduced by 58% just by exercising 3-5 hours a week• A mix of aerobic and resistance exercise is ideal. <p>Trainer recommendation: Jake Holness @ BFT Elsternwick 0411 833 570 *My father uses him :)</p>
Sleep Hygeine	Consider: 1.Blue light blockers https://www.blockbluelight.com.au/ (There are many options here other than glasses, lightbulbs etc) 2.Melatonin (3-6mg) , <i>take 1/2 hour before you want to sleep.</i>	<p>Blue-light blocker: Aims to ‘reset’ your circadian rhythm by blocking blue-light which can interfere with the body's production of melatonin, a hormone that regulates sleep-wake cycles. By minimizing exposure to blue light, particularly in the evening, individuals can experience better-quality sleep, working’ against the body’s confusion of fasting.</p> <p>Melatonin: A potent antioxidant and central part of the body's internal clock. Your GP or phamacist can help with access to melatonin in Australia, though you may have some already, as mentioned. You can experiment with different dosages, starting lower to see how you sleep. 3mg to begin, around half an hour before you intend to sleep. Monitor any improvements in sleep, time awakening and drowsiness in the morning.</p>

Intervention	Instruction	Intent
Monitor Blood Pressure (BP)	<p>Get a blood pressure monitor and and check your BP regularly, daily or 2-3 times a week. Keep a log.</p> <p>If you are not comfortable with this, please let me know as we may have to revise supplements.</p>	<p>The supplements could begin to lower your BP and it is important to make sure it is not going too low, particularly while you are taking anti-hypertensive, diuretic medication as well.</p> <p>If you develop any symptoms of light-headedness, dizziness, please check in with your GP.</p>
Functional testing (through Naturopath only)	<p>myDNA Comprehensive Health Report by Nutripath \$225.00 + shipping & handling</p> <p>Let me know if you have further questions or want to order this test.</p> <p><i>This is not neccessary and we can work on many things if this is not done, it is just a new type of testing that may be interesting for you to see insights into personalised dietary, lifestyle and nutritional recommendations based on your genes and personal succeptibility.</i></p> <p>For more information: https://nutripath.com.au/product/advanced-methylation-buccal-swab-test-code-8009/ </p>	<p>This is an optional test option.</p> <p>The myDNA Comprehensive Health Report is a digital health analysis and focuses on 8 health categories (Macronutrient Metabolism, DNA Protection & Repair, Hormone Health, Immune Support, Methylation, Mental Health, Detoxification, Cardiovascular Health & Athletic Performance that show where your vitamin and mineral requirements may be higher, which foods, drinks, drugs, and toxins you may be most sensitive to, and how this applies to your family history and current blood work. This allows you to get a customized food list and in-depth research into the root causes of health issues based on your personal genetic and biochemical makeup. They specialize in nutrigenomics, informing you of what modifications to make in terms of your diet, lifestyle, and environment to change the effectof your genes, building a healthier you from the ground up. We include over 1,000 peer-reviewed sources as the foundation of our evidence-based approach. They use cheek swabs for sample collection and run each sample on parallel arrays including Next Generation Sequencing technology for extremely accurate results.</p>

Next appointment

I'd like to see you again in 3 weeks (mid November). Return consults usually last around 20 minutes, and can be done virtually if preferred.

Appointment Goals:

- Discuss results from your pathology overall, CAC and CT. Ideally I would still love a full copy of the pathology (without driving your GP mad!) It should be able to be accessed in the app. I have done this before.
- Check in on blood pressure - ideally some of the interventions would reduce blood pressure naturally. We need to track this.
- See how the new protocol is going, sleep, compliance with supplements, any new developments or symptoms.
- Proceed with further interventions: **liquid herbs is the next step** for prostate, arthritis, arterial integrity and sleep.
- Consider more dietary interventions targeted to metabolic health.
- Consider DNA testing, if decision hasn't been made yet.

More information

Education

Sources of potassium

Potassium is an essential mineral and electrolyte. It is crucial for maintaining fluid balance, supporting proper heart function, and helping regulate muscle and nerve function.

The Adequate Intake (AI) for potassium is 3,800 mg daily for adult men and 2,800 mg daily for women 19+ years 2800 mg daily for pregnant women and 3200 mg daily for breastfeeding women.



Food (serving size)	Potassium (mg)
Potato, baked, with skin (1 medium)	926
Apricots, dried (95g, ½ cup)	755
Mushroom, common, raw (100g, 1 cup)	643
Prunes, dried (90g, ½ cup)	635
Snapper, fillet, baked (100g)	615
Mackerel, grilled (100g)	611
Yellowfin tuna, baked (100g)	608
Coconut water (1 cup)	600
Spinach, cooked (100g, ½ cup)	570
White (cannellini) beans, cooked (90g, ½ cup)	500
Orange juice (1 cup)	496
Silverbeet, chopped, boiled (90g, ½ cup)	481
Tomato paste (50g, 3 tablespoons)	439
Banana (1 medium)	422
Sardine, Australian, whole (100g)	402
Kidney beans, canned (90g, ½ cup)	390
Chicken, breast, grilled (100g)	375
Lentils, cooked (100g, ½ cup)	366
Milk, cow, regular fat (1 cup)	366
Sweet potato, cooked (1 medium)	347
Avocado, no seed (½ medium)	345
Turkey, breast, baked (100g)	330
Watermelon (286g, 1 wedge)	320
Beets, cooked (100g, 2 beets)	305
Butternut squash, cooked, cubed (100g, ½ cup)	291
Yoghurt, natural, regular fat (3%) (125g, ½ cup)	288
Pistachio nuts (30g, ¼ cup)	285
Rockmelon (100g, ¼ small melon)	267
Pumpkin seeds, hulled (30g, ¼ cup)	246
Chickpeas, cooked (82g, ½ cup)	239
Almonds, raw with skin (30g, ¼ cup)	208

More information

Balancing the plate



Meal ideas with balance

Breakfast

Sweet

A serving of complex carbohydrates from the oats

Berries provide vitamins and fibre

Made with milk and Greek yoghurt for protein

Add 1 tbsp of nuts for fat

Overnight oats

Savoury

Eggs provide a source of protein

Bulk it out with vegetables

Cooked in butter or fat

Vegetable omelette

Lunch

Bean stew

Kidney beans are a source of protein and complex carbohydrates

Tinned tomatoes and added vegetables

Chicken breast for protein

Fat from cooking oil

Bulked out with vegetables

Peanut butter for fat

Chicken for protein

Quinoa for complex carbohydrates

Nutty Asian chicken salad

Dinner

Chicken provides a source of protein

Olive oil for fat

Green leafy vegetables

Caesar salad

Complex carbohydrates from the wholemeal wrap

Filled with vegetables

Chicken for protein

Cream provides fat

Spiced chicken and vegetable wrap

Be more informed with the myDNA Comprehensive Health Test

Genetics play a key role in understanding your health.

Our DNA is unique to each of us, so the myDNA Comprehensive Health Test results will be personalised based on your unique genetic profile. This information combined with other factors such as diet, lifestyle and the environment can help shape a picture of your overall health. By understanding your DNA, you can be more informed and make better health decisions.

How to take the test

1. Your Practitioner will order the kit.
2. A kit will be sent to your home.
3. Complete the simple at home cheek swab.
4. Send back to NutriPATH in the envelope provided.
5. Your DNA is analysed in an accredited Laboratory.
6. Your report is sent to your practitioner and they will take you through your results.

Benefits of the test

- One test, with your unique DNA results, that lasts a lifetime.
- Helps to get to the root of health concerns.
- Identifies ways to be proactive in optimizing your health and wellness.
- A tailored management plan, based on your unique DNA, to maximise health outcomes.

What the test covers



DIGESTION



ENERGY



HORMONES



STRESS & COGNITIVE
PERFORMANCE



INFLAMMATION
& LONGEVITY



ATHLETIC
PERFORMANCE



DNA PROTECTION
& REPAIR



DETOXIFICATION

Getting the Test

Talk to your practitioner about ordering a myDNA Comprehensive Health Report or call NutriPATH on **1300 688 522** for a trained practitioner.

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