



NATUROPATHIC PROTOCOL

Morning

Including adjustments to previous prescriptions

Take with meal, away from pharmaceutical medication

- Take 3-4ml Calm Adapt liquid in water
- Take 1 x capsule Premier NAC
- Take 1 x capsule B Complex
- Take 2 x capsules Cognitein

With meals

- Take 1 x capsule Enterozyme, 15 minutes before, or with meals

Evening (5-7pm)

Take with meal, away from pharmaceutical medication

- Take 3-4ml Calm Adapt liquid in water
- Take 1 x capsule Premier NAC
- Take 1 x capsule of Megaspore, every 2nd day (Week 1), then 1 capsule daily (Week 2), then 2 capsule daily (Week 3+)
- Take 2 x Maxi Omega-3 capsules

Diet & Lifestyle

- Increase protein & fibre
- Decrease soft drink/substitute
- Prioritise sleep



SHOPPING LIST

New Supplements

Calm Adapt | \$57.59 | [FullScript](#)

Premier NAC | \$16.19 | [FullScript](#)

MegaSporeBiotic | \$57.59 | [FullScript](#)

Cognitein | \$66.59 (Magnesium) | [FullScript](#)

B-Complex | \$21.59 | [FullScript](#)

Optional:

Sprout Living, Epic Protein, multiple flavours | [iherb](#)

Amazing Grass Greens Powder | Chocolate [iherb](#) | Alkalize [iherb](#) |

Digest [iherb](#)

Disposable Measuring Cups | \$4.36 | [Amazon](#)

How to purchase?

Let me know which option you would like to proceed with by replying to this email.

1. Purchase through [FullScript](#) website patient portal (shipping fees may apply). This will be setup by the practitioner and you will receive an email and text message.



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Treatment Goals (short-term)

1. Support gut health **via** supporting complete food breakdown, digestion, absorption and assimilation to reduce fermentation.
2. Support liver and improve pathology parameters **via** reducing inflammation & supporting liver detoxification processes
3. Support energy levels and general wellbeing **via** optimising nutrient cofactors for energy production and electrolyte balance.
4. Support anxiety & sleep **via** modulating the hypothalamic-pituitary-adrenal (HPA) axis, regulating cortisol levels and boosting calming neurotransmitters

Treatment Goals (long-term)

1. Optimise gut health
2. Reduce anxiety
3. Support mental acuity
4. Support liver health

Naturopathic Treatment Plan

Herbal

Product	Herb	Intent	Instruction
<p>Enterozyme by Biopractica \$48.97 (Product received in consult) 1 bottle = 1 month supply*</p> <p><i>Contact me before running out and can ship from AUS or get a similar product in liquid form in USA.</i></p>	<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	Herb	Intent	Instruction
<p>David Winston's CALM ADAPT by Herbalist & Alchemist \$57.59</p>  <p><i>Liquid, Kosher</i></p>	<p><i>Withania somnifera</i> Ashwagandha</p> <p><i>Schisandra chinensis</i> Schisandra</p>	<p>Adaptogens help the body manage stress and resilience by modulating the HPA axis and regulating cortisol levels. They support energy, mental clarity, and immune function. Schisandra also enhances liver function, aiding in detoxification and digestion and can improve memory and learning.</p>	<p>Take 60-80 drops (3-4 mL) in water, 2 x day.</p> <p>A small measuring cup like this one from Amazon may be helpful.</p>
	<p><i>Tilia sp.</i> Linden</p> <p><i>Avena sativa</i> Oat milky seed</p>	<p>These nervine herbs are known for their calming and restorative effects on the nervous system. They are widely used to relieve symptoms of stress, anxiety, and nervous tension, helping to nourish and repair the nervous system over time. Research also shows improved cognitive function, memory, and processing speed.</p>	
	<p><i>Ganoderma spp</i> Reishi mushroom</p>	<p>Often called the "mushroom of immortality," Reishi support the body's response to stress and promotes overall vitality. Known to reduce anxiety, improve sleep quality and modulate cortisol levels, helping combat physical and mental fatigue.</p>	

Nutrition

Product	Hero ingredients	Intent	Instruction
<div><div><div>Premier NAC by Research Lab \$16.19</div><div></div><div>Capsules, kosher</div></div></div>	<div>N-Acetyl Cysteine (NAC)</div> <div>Herbal blend: <i>Camellia sinensis</i> Green Tea Extract <i>Curcume longa</i> Turmeric <i>Silybum marinarus</i> Milk Thistle</div>	<div><p>This powerful antioxidant nutrient acts as a precursor to glutathione, NAC supports Phase II liver detoxification, reducing oxidative stress and inflammation. NAC helps protect liver cells from damage. Clinically, NAC has shown promise in improving liver health in patients with non-alcoholic fatty liver disease (NAFLD), reducing key liver enzymes like alanine aminotransferase (ALT) and alleviating liver fibrosis and steatosis.</p><p>Green tea is rich in catechins, particularly EGCG, which exhibit strong antioxidant properties, protecting liver cells from oxidative damage and supporting detoxification pathways. Turmeric, with its active compound curcumin, is well-known for its anti-inflammatory effects, reducing systemic inflammation and improving liver function by modulating enzymes involved in detoxification. Milk Thistle, containing the flavonoid silymarin, specifically supports liver regeneration and guards against toxin-induced damage, enhancing the liver's ability to filter and process harmful substances.</p></div>	<div>Take 1 capsule in the morning and 1 capsule at night.</div>

Product	Hero ingredients	Intent	Instruction
<p>MegaSport Biotic by Microbiome Labs \$57.59</p> 	<p>Probiotic with strains:</p> <p><i>Bacillus Licheniformis</i> <i>Bacillus Indicus HU36™</i> <i>Bacillus Subtilis HU58™</i> <i>Bacillus Clausii</i> <i>Bacillus Coagulans</i></p>	<p><i>Bacillus licheniformis</i> produces enzymes that aid digestion and enhance nutrient absorption, while <i>Bacillus indicus HU36™</i> is known for producing carotenoids and other antioxidants directly in the gut, supporting anti-inflammatory responses and enhancing gut health. <i>Bacillus subtilis HU58™</i> has been shown to stimulate the immune system and resist environmental stress, making it an effective probiotic for gut resilience. <i>Bacillus clausii</i> is often used to support gastrointestinal health due to its resistance to antibiotics and its ability to promote gut microbiome balance, while <i>Bacillus coagulans</i> has demonstrated benefits in reducing symptoms of irritable bowel syndrome (IBS) and improving digestion by producing lactic acid and fostering a healthy gut environment.</p>	<p>Week 1 1 capsule every other day</p> <p>Week 2 1 capsule daily</p> <p>Week 3+ 2 capsules daily</p> <p><small>*If 1 capsule every other day causes side effects, try starting with 1/2 capsules or even 1/4 capsule in some cases. Possible side effects may include abdominal cramping, loose stools, and changes in bowel movements. Though these side effects may be uncomfortable, they are a sign that the product is working! Side effects should resolve within 2-3 days.</small></p>
<p>Cognitein by Nu Medica \$66.59</p>  <p>Capsules</p>	<p>Magnesium L-theanine L-aurine</p>	<p>Magnesium L-threonate is known to directly support brain health. Studies suggest that it can enhance memory, learning, and cognitive function by increasing magnesium levels in brain cells. L-theanine, an amino acid is known for promoting relaxation without causing drowsiness by increasing calming neurotransmitters, like GABA, serotonin, and dopamine. L-aurine is another amino acid that functions as a neuromodulator with antioxidant properties to protect brain cells & support GABA.</p>	<p>Take 2 capsules daily.</p>

Product	Hero ingredients	Intent	Instruction
<p>B Complex by Vital Nutrients \$21.59</p>  <p>Capsules, <i>Vegan</i></p>	<p>B Vitamins in a synergistic bioavailable , digestible form and dose.</p> <ul style="list-style-type: none">• Vitamin B12 Methylcobalamin• Vitamin B6 P-5-P• Vitamin B1• Vitamin B2• Vitamin B3• Vitamin B5• Vitamin B9• Biotin (B7)	<p>A high-quality B complex supplement, with bioavailable forms of each B vitamin, can provide comprehensive support for energy, stress resilience, mood, and cognitive function. Each B vitamin plays a unique role in cellular energy production, particularly through supporting the Krebs cycle and electron transport chain, which are crucial for converting food into ATP, our primary energy source. B1, B2, B3, and B5 are essential in this process, helping to prevent fatigue and boost overall energy levels. B6 supports neurotransmitter synthesis and hormone regulation, which can help with stress management and mood stability. Folate and B12 work together to protect nerve health and prevent cognitive decline, contributing to mental clarity and focus. Additionally, B5 is known to support adrenal health, which is crucial in managing the body's response to stress.</p>	<p>Take 1 capsule daily.</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.
- Please keep all medication out of reach of children.

Diet

Intervention	Instruction	Intent
Focus on protein in the morning.	<p>Protein requirement for men are about 0.84 -0.94 grams of protein per kilogram of body weight per day, for a 70kg man that would be 65.8 grams of protein per day.</p> <p>Protein Shake:</p> <ul style="list-style-type: none">• Blend a scoop of protein powder (see shopping list above for ideas) with milk, frozen berries, and a handful of spinach.• Optionally, add nut butter or flax/chia or other greens powder, see shopping list.	<p>Protein is a key nutrient for supporting overall health, particularly when it comes to muscle maintenance, metabolism, and balanced energy. 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.</p> <p>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.</p> <p>A protein-rich diet also supports hormonal balance, including insulin, which plays a role in how the body utilizes and stores energy. Adequate protein intake ensures that muscles are well-nourished, which promotes recovery after physical exertion and reduces muscle breakdown during times of stress.</p> <p>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
Prioritise Sleep	<p>Aim to sleep 8 hours per night. Keep up with your ‘routine’ of sleep.</p> <p>Investigate blue light blocking glasses if continuously finding it hard to wind down. Wearing these from early evening really helps send messaging to the body that its time to wind down leading up to sleep. The benefits of sleep are extensive and crucial for overall health and well-being.</p> <p>Blue-light blocking 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>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. 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>

More information