



TREATMENT PLAN

15th October 2024 – Follow-up #1

Client name: Kerry Lewis

Practitioner: Mado Paulsen Appointment date: 15 th October 2024 Appointment type: Follow-up #1 Recommended follow up: in early November, after endoscopy	Registration: NHAA 157 013 Phone: 0479 073 273 Email: hello@downtoearthnaturopathy.com Website/bookings: downtoearthnaturopathy.com
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Main goals:

1. Continue to reduce abdominal pain and discomfort and improve digestive function.
2. Continue to reduce and manage stress as it is a trigger and exacerbator of digestive symptoms.
3. Identify and treat other potential causes of gastrointestinal inflammation – via gastroscopy as referred by your doctor.

Please remember to refer back to previous treatment plans for additional diet and lifestyle recommendations and useful handouts. We just keep building on it each time (unless we are changing tactics).

Follow-up Consultation #1

1. Ongoing digestive issues despite recent negative H. pylori test results
2. Suspects possible peptic ulcer, awaiting endoscopy on 31/10/2024 for further investigation
3. Experiencing nausea, heartburn, and occasional diarrhoea – although some digestive symptoms have improved with addition of Gut Relief digestive enzymes with lunch and dinner.
4. **Ondansetron** also noted as possible cause/exacerbator of constipation - advised (by Dr/gastro oncologist) **to use sparingly**.
5. Reports grey-coloured stools approximately one week ago, no recurrence since then – possibly licorice consumption
6. Overall, constipation has improved with magnesium citrate supplementation
7. Fatigue noted – after Valproate (potential side effect of Valproate – try to remember to take it at nighttime so you can rest.
8. Previously prescribed Somac for gastric symptoms, has not taken it for nearly a week - could not take due to having H. pylori breath test but also has not needed it as much – potentially due to Gut Relief tablets improving digestive function and reducing heartburn.
9. Reports light-headedness at times, possibly due to dehydration - advised to ensure adequate water intake, especially as the weather gets warmer.



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Lifestyle and Environmental Factors:

10. Continuing to experience significant stress related to household management and family dynamics - has discussed this with psychologist.
11. Adult children living at home, causing additional clutter, tension and disorganisation
12. Therefore, difficulty maintaining a clean and organised living space
13. Leading to limited ability to have guests over due to household clutter and further adding to anxiety and stress
14. Discussed seeking assistance from a home organiser to address household clutter and potentially assist in ongoing maintenance.

Treatment Plan:

1. We will **await endoscopy results** (scheduled for 31/10/2024) before initiating gut healing protocol
 - a. Will assess need for further treatment if additional problems (e.g. peptic ulcer) are identified.
2. Continue current supplementation with magnesium and digestive enzymes
 - a. **Gut Relief digestive enzymes** with lunch and dinner seem to be helping ease some digestive symptoms
 - b. **Magnesium** appears to be improving bowel motion and regularity – reduce dose if diarrhoea occurs or if stool becomes too loose. Continue to take 3 hours away from Dilantin. It is ok to take with Valproate.
 - c. Always tell your Doctor when starting any new supplements.
3. Fill out the **Diet Diary** provided continuously for 1-2 weeks to track food intake, digestive symptoms, mood, sleep, exercise and bowel movements
 - a. This information can help us identify potential food triggers of digestive symptoms as well as areas we can improve nutrient intake over time.
 - b. Try to fill it out consistently for a week or 2 and add as much information as you can
 - c. I will attach a copy to this email so you can print a darker version
4. Remember to **maintain adequate hydration**, especially during warmer weather.
 - a. Dehydration can contribute to fatigue, light-headedness, poor nutrient absorption and constipation.
 - b. To optimise nutrient digestion, try not to drink too much water around mealtimes. Regularly sipping water between meals is the best way to stay hydrated throughout the day and evening.



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5. I will include information regarding the potential for **stool testing (for parasites and other digestive issues)** and **SIBO (small intestinal bowel overgrowth) breath testing** if further investigation is needed. We can discuss this once we get the results of your endoscopy.
 - a. I can order these tests for you and will let you know the additional costs required for collection and processing of diagnostic samples.
6. We can plan to review your medications and their side effects (e.g. **potential nutrient depletions** from long-term Dilantin and Valproate prescription) at next appointment
 - a. When you have finished the **NATURES OWN B COMPLEX**, I recommend we change you to a new multivitamin and mineral supplement (e.g. **Herbs of Gold Women's Multi**).
 - b. Also, When you finish the **OSTELIN (calcium and vitamin D)**, I recommend we swap you to a better one with a better form of calcium and vitamin K2 for bone health (e.g. **Biocentials Advacal forte**).
 - c. **We will discuss these changes at your follow-up appointment in November.**
7. I will also provide a list of possible **home organisation services** that you may want to contact to discuss addressing some of your household stressors (e.g. de-cluttering, organising and ongoing general cleaning).

You may want to consider investing in ongoing house cleaning services. If members of the house are unable to physically help keep the house clean, maybe it is easier for them to contribute to paying someone to come in every week or 2 to help out with some household chores?

The companies I have listed below may not all be right for you and your needs, but I urge you to have a look at some of them. It may be worth paying someone to help everyone in the house learn some skills on how to sort through, de-clutter and organise their belongings so everyone has a bit more space.

These businesses are local and offer done-for-you and/or done-with-you in-home cleaning and de-cluttering services. Many have more information on their websites.

It may cost some money, but might be worth it for the relief everyone will get from having an objective and helping hand to de-clutter your space (especially the communal areas that everyone needs to live in and share)



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Home Organisation and Housecleaning Services Gold Coast

- a. Aussie Organisers
07 5525 3107
<https://aussieorganisers.com.au/in-home-care-services/>
 - b. Fresh and Functional
<https://www.freshandfunctional.com.au/>
 - c. Sort my Space
0488 739 396
<https://www.sortmyspace.com.au/>
 - d. Organised Simplicity
0 411 926 558
<https://www.organised-simplicity.com.au/>
 - e. The Nesting Mama
<https://www.thenestingmama.com.au/>
 - f. Little Home Organised
048 209 3082
<https://littlehomeorganised.com.au>
8. I also encourage you to seek support from **Relationships Australia** for elder abuse services to help reduce and manage family-related stress – they may be able to recommend other relevant services to help you with setting boundaries with your children within your household to reduce your mental and emotional stress and improve your physical safety at home.
- a. **RELATIONSHIPS AUSTRALIA**
1300 364 277
Mon-Fri 8am-8pm
Sat 10am-4pm
- Elder Abuse Prevention and Support Service is a free case management service providing assistance to those at risk or experiencing elder abuse through individualised support and referral.*



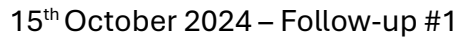
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9. I would like to you to continue to try to **make time for yourself each day** to do something that consciously reduces your stress levels. Even if it is just a few minutes each day, this practice can greatly help to **reduce mental and emotional stress** and help calm the nervous system.

Suggestions include:

- a. Walking along the water's edge
 - b. Sitting by the river and enjoying the sunshine and fresh air
 - c. Sitting outside and doing some deep breathing/meditation
 - d. Consider catching up with friends outside of the house for connection and change of scenery
10. We should schedule a **follow-up appointment in early November** after endoscopy recovery (around the 4th or 5th or the following Mon/Tues)
11. As always, if you have any questions, feel free to record them below or you can contact me on 0479 073 273 or at hello@downtoearthnaturopathy.com



Record anything of interest that comes up between appointments so we can discuss your questions/concerns during follow up consults.

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