



**naturally
anew**

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Jamie

Treatment Goals (short-term)

1. Support HPA Axis (stress) and Reduce Cortisol
2. Support Liver Detoxification Processes (Phase 1 & 2)
3. Support balanced Blood Sugar and Insulin Sensitivity

new

4. Reduce fermentation of foods by supporting its breakdown, digestion and assimilation
5. Support cycle regularity
6. Support repair of intestinal lining and reduction of chronic gastric inflammation
7. Support inflammation and reactivity (allergic reactions)

Treatment Goals (long-term)

1. Reduce inflammation
2. Support hormonal balance & regular periods
3. Reduce 'allergic' reactivity
4. Reduce gut symptoms: bloating, inconsistent stool
5. Support sleep & mood



PRODUCT CHEAT SHEET

Jamie

Herbal Mix (Liquid)

Cortisol reducer, Anti-allergic, Anti-Inflammatory, Nervine, Adaptogen = Adrenal & Stress support

Cinnatol (Powder)

Support balanced blood sugar and carbohydrate digestion and subsequent 'androgen' symptoms, correct biotin deficiency and support cortisol reduction

O Balance

Support liver detoxification phases through herbs + activated accessory nutrients, support healthy menstrual cycle & anti-inflammatory processes

Somni Support

Herbatonin (herbal melatonin) and relaxing Hops herb to relieve anxiety, excess nervous energy and promote sleep

TriMag Supreme (extra Magnesium Support)

Supporting energy levels, cortisol reduction, relaxation and sleep

Enterozyme

Stimulates digestive secretions—enzymes, bile, and stomach acid—enhancing nutrient absorption, reducing bloating, and promoting gut motility for smoother digestion.

MegaSpore Probiotic

Aims to restore gut balance by reducing inflammation, strengthening the gut lining, and crowding out harmful bacteria—supporting digestion, immunity, and bloating relief, particularly post & during antibiotic use.

Naturopathic Treatment Plan

Nutrition

Product	Hero ingredients	Intent	Instruction
<p>Megaspore Probiotic by Micriobiome Labs</p>  <p>\$73.65 Vegetarian, Capsules</p>	<p>Probiotic Blend of:</p> <ul style="list-style-type: none"> • Bacillus indicus, HU36™† • Bacillus subtilis, HU58™† • Bacillus coagulans (SC-208)† • Bacillus licheniformis (SL-307)† • Bacillus clausii (SC-109)† 	<p>This spore-based probiotic is designed to support gut healing. Unlike traditional probiotics, it does not colonise the small intestine, rather the large intestine, helping rebalance the gut microbiome without worsening bloating or bacterial overgrowth.</p> <p>Aims to:</p> <ul style="list-style-type: none"> ✓ Strengthen the gut barrier ✓ Reduce inflammation and promote gut healing. ✓ Crowd out harmful bacteria – Competes with unwanted microbes, making it a helpful tool for restoring balance post-antibiotics. ✓ Supports digestion without fermentation – Unlike traditional probiotics, it does not contribute to excess gas or bloating, making it well-suited for those with SIBO. ✓ Regulates bowel movements 	<p>Suggested Use:</p> <p>Start with 1 capsule, every 2 days with food and slowly increase to 1-2 capsules per day.</p> <p>* For best results, it's often introduced slowly and gradually increased to allow your body to adjust.</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.

Lifestyle

Intervention	Instruction	Intent
Work with a Pelvic Floor Specialist	<p>Finding a Pelvic Floor Physio or Osteopath may help assess and relieve some of the pelvic discomfort that you are experiencing.</p> <p>Here are some good options:</p> <ul style="list-style-type: none">• Kate at EASTERN OSTEOPATHY, the pelvic place melbourne https://www.easternosteopathy.com.au <p>Other specialists in that centre may be good too!</p> <ul style="list-style-type: none">• Pelvic Health Melbourne https://www.allforone.com.au <p>Some of these places may also offer Telehealth appointments but ideally in person.</p> <p>Let me know if you need more suggestions.</p>	<p>Your pelvic floor is a key player in supporting your bladder, uterus, and bowels, and when the muscles here are too tight, weak, or not working in sync, they can contribute to cramping, pain that radiates to the hips and lower back, bloating, and even menstrual irregularities.</p> <p>We know from research that people with chronic pelvic pain often have overactive or tense pelvic floor muscles, which can lead to discomfort in the lower abdomen and pelvis. These muscles also interact with the digestive system—if they’re too tight or not functioning well, they can affect how gas and stool move through the intestines, making bloating feel worse. This is especially relevant if your symptoms fluctuate with your cycle since hormone changes can further impact muscle tone and gut motility.</p> <p>Because your symptoms involve multiple systems—digestive, musculoskeletal, and hormonal—it’s important to take a holistic approach. We’ll explore possible causes like SIBO (small intestinal bacterial overgrowth), hormonal imbalances, and inflammation, but at the same time, checking in with a pelvic floor physiotherapist is a valuable step. If pelvic floor dysfunction is contributing, working on muscle relaxation, coordination, and movement can make a big difference. If it turns out your pelvic floor isn’t the main issue, at least we’ve ruled it out and can focus more on gut health, nutrition, and hormonal balance.</p>

Intervention

Instruction

Intent

Ovulation Tracking & Basal Body Temperature (BBT) Tracking



Something like this is good, though can be any digital thermometer from a chemist. This is available on [Amazon](#)

How to Track Your BBT

1. **Use a Digital Thermometer** – A basic digital thermometer (or a BBT-specific thermometer) is fine. NOT A FOREHEAD ONE! I did accuracy research 😊
2. **Measure at the Same Time Each Morning** – Take your temperature first thing in the morning before getting out of bed, talking, drinking water, or moving around. Try to do this at the same time each day for consistency.
3. **Take It Orally** – Keep the thermometer under your tongue for about a minute until it beeps. Some people prefer vaginal or axillary (underarm) readings, but the key is consistency.
4. **Log It in Your App or Chart** – Enter your reading into a cycle-tracking app or on a paper chart. Over time, you'll see a pattern emerge.

What to Look For in Your Cycle

- First half (Follicular Phase) – BBT is relatively low, typically between 36.1°C–36.4°C.
- Ovulation – Just before ovulation, some people notice a slight drop in temperature.
- After Ovulation (Luteal Phase) – Progesterone causes a sustained rise in BBT (by at least 0.3°C) that lasts for at least three days. This confirms ovulation.
- If Pregnancy Occurs – The temperature remains elevated beyond your expected period.
- If Not Pregnant – BBT drops just before or at the start of your period.

Mucous

Ovulation (Day 12-14 approx) = clear, sticky, raw egg-white mucous with a wet sensation that looks shiny on the toilet paper, and slips when you wipe towards the middle of your cycle. *Usually around 12-14 days before your next period.* On average Ovulation often occurs on the last day of this mucus. The period with mucus is the most fertile time.

