



TREATMENT PLAN

6th May 2025

Client name: Angela Tisdale

Practitioner: Mado Paulsen Appointment date: 6 th May 2025 Appointment type: Initial appointment Recommended follow up in: 2-4 weeks	Registration: NHAA 157 013 Phone: 0479 073 273 Email: hello@downtoearthnaturopathy.com Website/bookings: downtoearthnaturopathy.com
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Consult Summary – Quick Overview

Main concerns discussed:

- Chronic recurring vaginal thrush (10+ years), worsened after childbirth
- Stress, sexual activity, and fried foods (hot chips) identified as major triggers
- Suspected gut involvement (possible parasites/dysbiosis – past *Blastocystis* diagnosis)
- Loose stools, undigested food, and white-coated tongue noted
- Menstrual cycle now shorter (21 days) with mood changes – possible signs of perimenopause
- Feeling overwhelmed and struggling with focus and organisation (possible attention challenges)

Plan moving forward:

- Continue current antifungal herbs (Horopito & Pau d'Arco) for 2 more weeks
- Gut repair phase to follow – probiotics + healing support
- Parasite cleansing protocol next (with biofilm disruptors + binders)
- Consider hydrogen peroxide rinses for vaginal symptoms
- Support hormones with Premular
- Herbal support for mood and stress (e.g. Saffron, St. John's Wort, Rhodiola, or Shatavari)
- Ongoing probiotics for gut and vaginal health
- Swap hot chips for homemade roasted potatoes
- Add gut-supportive fibre blend (psyllium, slippery elm, PHGG)



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- **Intercourse** – as this is a known trigger, we want to reduce the risk of disrupting the vaginal microbiome while we work on restoring balance:
 - Suggest both partners shower before intimacy to reduce transfer of bacteria from hands, mouth, or genitals
 - Consider using condoms for now, as **sperm can alter vaginal pH** and contribute to overgrowth
 - These are **short-term measures** while we heal the microbiome

Key Takeaways:

- We're taking a step-by-step approach: antifungal → gut repair → parasite cleanse
- Supporting your nervous system, hormones and gut will be central to long-term relief

Chronic Candida & Gut Dysbiosis Protocol

OVERVIEW:

- **Phase 1 (Weeks 1–2):** Candida reduction and begin hormone & nervous system support
 - **Phase 2 (Week 3–4):** Gut repair (No Antifungals)
 - **Phase 3 (Weeks 5–6):** Parasite & Candida cleanse with binders + biofilm disruptors
 - **Phase 4 (Week 7–8):** Gut repair & restore
 - **Phase 3 + 4 REPEAT (Weeks 9–12):** Parasite Cleanse round 2 + final repair phase
 - **Phase 5 (Ongoing):** Maintenance
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PHASE 1: Candida Reduction + Hormone/Stress Support (Weeks 1–2)

Goals: Reduce Candida population, start hormone and nervous system support

Daily Protocol:

- **Probiotic** (e.g. Lactobacillus rhamnosus GR-1 & L. reuteri RC-14): 1 cap first thing in the morning
- **Saccharomyces boulardii**: 5-10 billion CFU: 1 cap first thing in the morning
- **Antifungal herbs** (Horopito, Pau d'Arco etc): Take 5 ml 3 times per day (or 7.5ml 2 times per day) with meals for the next 2 weeks
- **Hormone support** (Vitex - Premular): Take 1 cap in the morning away from probiotic (e.g. 1 hour after breakfast)
- **Nervous system support** (e.g. Withania, Rhodiola, Saffron – I'll finalise the mix and get it for you this weekend): Take 5ml 3 times per day (if you can) or it 3 times is too hard, 7.5ml morning and evening (e.g. 1 hour after breakfast and dinner) will be ok.

PHASE 1 (Weeks 1-2)

Time	Product	Dose	Reason
Upon waking	Probiotics	1 Womens 1 SB	Rebuild vaginal/gut flora
Breakfast	Antifungal herbs	5ml	Kill candida, reduce fungal load
Mid-morning	Vitex and Nervous system herbs	1 tablet 5ml herbs	Regulate menstrual cycle, support hormones, reduce stress
Lunchtime	Antifungal herbs	5ml	Kill candida, reduce fungal load
Mid afternoon	Nervous system herbs	5ml	Support nervous system, mood, reduce stress
Dinner	Antifungal herbs	5ml	Kill candida, reduce fungal load
Before bed	Probiotics (optional)	1 Womens 1 SB	To increase beneficial bacteria numbers.



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Optional Vaginal Support Strategies (Use During Flare-Ups or as Needed)

- **Hydrogen Peroxide Douche** (3% food-grade, diluted 1:3 with warm water) – Use up to 1x per week
 - Can help reduce candida numbers during an active flare-up
 - May cause irritation for some, so use with care and **avoid deep insertion**
 - Always **follow with a probiotic rinse or insertion** to restore healthy vaginal flora
 - Overuse or not replenishing good bacteria afterwards can **worsen irritation** or **promote further imbalance** — this is not for long-term or frequent use, only short-term symptom relief
- **Probiotic Douche** (capsule dissolved in warm, **sterile** water) – 1–2x per week
 - Helps rebuild beneficial vaginal bacteria and support microbiome balance
 - Can be used a few times per week initially while working on restoring flora
 - For long-term microbiome repair, some research supports using probiotic douches everyday up to 1 month or 1–2x weekly for up to 4 months
 - Be sure to use **distilled or previously boiled** (and cooled) water to avoid introducing other pathogens
 - You can also just keep doing this as you have been rather than mixing into water, this is a good idea though if you have used hydrogen peroxide to ensure the HP is flushed out and beneficial bacteria have been replaced
- **Boric Acid**
 - We will hold off on boric acid for now to avoid irritation or dryness to vaginal tissue
 - Focusing first on rebuilding vaginal microbiome with probiotics and prebiotics (e.g. lactulose)
 - **Candida glabrata** can form **biofilms** and is often more resistant, but starting gently may improve treatment response later
 - Gut healing and a future **biofilm-targeting phase may help reduce systemic load**
 - If previously helpful, Boric acid may be added later if symptoms persist — especially post-gut cleanse and once microbiome is more stable
 - We can reassess symptoms and/or retest in a few weeks to guide next steps



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PHASE 2: Gut Repair (Week 3)

Goals: Heal mucosa, re-establish terrain, reduce inflammation

Daily Protocol:

- **Probiotics** (same as above) 1-2 times per day
- **GI Revive** 1-2 times per day
 - **Prebiotic** (Slippery Elm, Marshmallow, Pectin)
 - **Repair Nutrients** (e.g. Zinc carnosine, L-glutamine, aloe vera, Licorice)
 - **Anti-inflammatory Herbs** (e.g. Curcumin, Chamomile, Marshmallow)
- **Continue Nervous System & Hormone Herbs**
- **Optional: Lactulose:** 5–10 mL daily to lower candida pH & support flora

PHASE 2 (Weeks 3-4)

Time	Product	Dose	Reason
Upon waking	Probiotics	1 Womens 1 SB	Rebuild vaginal/gut flora
Breakfast	Vitex and Nervous system herbs	1 tablet 5ml herbs	Regulate menstrual cycle, support hormones, reduce stress
Mid-morning	Prebiotic powder (GI Revive)	1 scoop	Feed beneficial bacteria, repair gut lining
Lunchtime	Nervous system herbs	5ml	Support nervous system, mood, reduce stress
Mid afternoon	Prebiotic powder (GI Revive or KW prebiotic)	1 scoop	Feed beneficial bacteria, repair gut lining
Dinner	Nervous system herbs	5ml	Support nervous system, mood, reduce stress
Before bed	Probiotics (optional) Lactulose	1 Womens 1 SB 5-10ml	To increase beneficial bacteria numbers. Feeds good bacteria



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Gut Support + Prebiotic Strategy for Microbiome Repair

- I recommend starting with **GI Revive** because it includes a powerful blend of gut-soothing and healing ingredients like **slippery elm, aloe vera, glutamine, zinc carnosine, chamomile, and marshmallow root**. These herbs and nutrients help calm inflammation and support the repair of the gut lining.
 - Some of these ingredients also help feed beneficial gut bacteria, which is great for rebalancing the microbiome.
 - You may like to **alternate this with the Kultured Wellness powder** – both are great, but GI Revive offers stronger gut repair nutrients. You could even use one serve of each per day if tolerated.
 - **Start slowly** – try ½ tsp once daily and gradually build up to 1–2 full serves per day.
 - Be sure to drink **plenty of water**, as ingredients like slippery elm can bulk up stool and may cause constipation if not hydrated properly.
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Lactulose – a Prebiotic for Candida Support

- Although **high doses of lactulose** are used as a laxative, **small doses (5–10ml/day)** act as a **prebiotic**, helping **feed good bacteria** and **inhibit candida overgrowth**.
 - Start low (e.g. 2-5ml daily) and **build up slowly** depending on how your body responds.
 - You can find lactulose at most pharmacies – for example, **Chemist Warehouse sells a 500ml bottle, there is also Chemists Own brand available**.
 - **Vaginal use:** Lactulose can also be diluted (2ml lactulose in 8ml sterile water) and applied intravaginally via a syringe to help feed beneficial vaginal bacteria. This method can be a little messy, so it's optional – but may be worth considering.
 - You could **alternate between probiotic vaginal support and lactulose** to feed the good bacteria over the next few weeks.
 - Some protocols recommend daily use for a few weeks
 - Then reduce to 7 days per month around your personal trigger times – e.g. before and after intercourse, around menstruation, or during high-stress periods
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Supplement Order & Approximate Cost

This week, I'll organise the following for you:

- **Premular** – \$25 (ordered through my practitioner supplier)
- **Nervous System Herbal Formula** – approx. \$65 from Flannerys
→ *Hopefully, this will be 20% off during the sale this Saturday. If not, I can use my 15% staff discount to bring the price down for you a little.*
→ *If you find this blend helpful, we can look at ordering a 500ml bottle next time there's a 20% sale to make it more cost-effective long-term.*
- **GI Revive** – RRP \$65 (available at Flannerys)
→ *Since I'm placing an order anyway, I can include this for around \$50 this time. Normally the postage isn't worth it, but I'm happy to add it in for you as part of my larger order.*

Estimated total: ~\$130

Let me know which of these you'd like me to go ahead and organise.

Additional Recommendations (for you to source):

- **Kultured Wellness Gut Repair Powder** – A great addition to support the repair phase.
 - **Lactulose (from the chemist)** – A gentle prebiotic to help feed beneficial gut flora.
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Follow-Up & Next Steps

As you've probably noticed, this is quite a comprehensive protocol — and Phases 3 & 4 (gut cleanse and repair) involve a few more steps to set up properly.

To keep things simple and avoid overwhelm, I'd recommend a **quick follow-up consult in about 3 weeks** (in person, by phone, or via Telehealth — whichever suits you best). This will give us a chance to:

- Check in on how you're responding to the nervous system support and gut powders
- Make any small adjustments if needed
- Plan and prep for the gut cleanse phase (including ordering any additional products)

In the next phase, we'll be introducing **binders**, **biofilm disruptors**, and **antimicrobial blends** (likely a different one for each gut cleanse stage), so this check-in will also give me time to finalise your protocol, calculate costs, and ensure everything is ready for you to begin the cleanse in about 4 weeks.



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If that sounds good, let me know and we can lock in a time. I'll also need to see you to pass on the **Premular and herbal formulas**, but I want to make sure the initial supports are working well before we bring in the 'big guns' for the deeper gut work.

My usual fee for a follow-up consult is \$140, but I'm happy to offer this one for **\$120**.

Please reach out if you have any questions or if anything feels unclear or overwhelming. I've separated key info like the supplement schedule onto its own page for easy reference and printing. The rest of the plan includes more detailed notes for your specific situation, in case you want to refer back to them later.

I'll check in with you over the next few days to see how you're going and to organise a time to get the remaining products to you.