

Consultation Summary & Treatment Plan

Patient Name: Kerry Lewis

Date of Consultation: 27th May 2025

Practitioner: Mado Paulsen



Consultation Summary

What we spoke about today

- Ongoing fungal toenail infection resistant to topical treatments.
- Increased stress and mental overwhelm, worsened by home clutter and recent events.
- Recent car park accident – emotionally upsetting but no physical injuries.
- Elevated blood sugar levels in last blood test – likely stress- and diet-related.
- Digestive reflux – improved with home remedies (lemon, ginger, garlic mix).
- Reported low mood, fatigue, and sense of wanting to “run away” at times.
- Complex family/home dynamics and husbands’ resistance to downsizing.
- Husband recently underwent cardiac testing; some concerns noted (calcification).
- Self-adjusting prescribed valproate medication – fatigue reported as side effect of Valproate (please mention this to your Doctor when you speak to them next).

Treatment Plan & Recommendations

◆ Fungal Toenail Infection

- Continue **apple cider vinegar foot soaks**
 - *See instructions in previous treatment plan printout*
- Apply **tea tree oil treatment** to clean, dry nails daily.
- Maintain good foot hygiene and **dry feet thoroughly** after bathing.
- Continue using **Canesten laundry liquid** for socks etc.
 - Also consider washing your sneakers in it every now and then too.

◆ Digestive Health

- Continue your **lemon, garlic & ginger tonic** – great choice!
 - This is also good for immunity and before meals to stimulate digestion and even promote bowel motion.
- Continue **digestive enzymes before meals** to support breakdown of foods.
- *Optional: Introduce **30-50ml aloe vera juice** (inner leaf only) to soothe reflux if it returns.*
 - *If reflux continues, we might consider adding a small amount of slippery elm – we will review this option at our next follow up appointment.*
- Continue a broad-spectrum **probiotic** (Lactobacillus + Bifidobacterium) daily for gut and mood support.
- Please let me know **what zinc you bought from the chemist** – continue taking with food once per day.

◆ Mood & Stress Support (*medication-safe options*)

- Continue **Magnesium citrate** (300mg) – Magnesium supports mood, sleep, and muscle tension. Take at night before bed.
- You could consider **Passionflower, Chamomile or even Green Tea** for their ability to calm the nervous system during the day.
 - Herbal teas can be a great way to gently help reduce stress during the day without interacting with your medications.
 - **Chamomile** is also great for digestion support so consider this after meals or when you experience reflux
- *At your next follow up, we can reassess your stress and mood and if continued support is needed, we can consider these options that are safe (at the right doses) with your current medications.*
 - *L-Theanine (100–200mg) – calming, non-drowsy support for anxious or overwhelmed moments.*
 - *Ashwagandha (Withania) – gentle adaptogen for stress and emotional balance. Safe alongside valproate in lower doses.*

◆ Blood Sugar Support

- Try to **limit any sweet foods** you have (especially chocolate) to after meals.
 - Eating sweet things after meals can help to prevent blood sugar spikes.
- Include **protein and fibre** at every meal – e.g., eggs, legumes, oats, vegetables, nut butters etc
- Enjoy **cinnamon** in food – helps with sugar balance.
- Eat **kiwi fruit, stewed apples or pears** – great for digestion and gentle on blood sugar.
 - *You can easily add cinnamon to stewed apples and pears or even quinoa flakes for a delicious winter breakfast that's good for blood sugar and digestion!*
- Try to incorporate **light walks once or twice daily** (even if only 10-15mins), especially after meals (maybe take Stan too), to support sugar regulation and mood.

◆ Lifestyle & Emotional Health

- Continue your **volunteer work** – this supports purpose, connection, friendships and structure.
- Focus on **decluttering one space at a time** – even a drawer or small shelf each day is progress.
- Consider contacting **Aussie Organisers** (or similar) for home support.
 - See highlighted section of previous treatment plan.
- Begin to **set clear boundaries** with adult children regarding storage of their belongings.
- Discuss **compromise options** with partner if downsizing is not currently possible.
- You can now also **keep family up to date** with anything easily and quickly using whatsapp group message (Lewis Family) – well done on getting that happening!
 - Whatsapp is a great way to stay in touch, especially when family is out of town.

Dispensed / Supplied

- Digestive enzymes.
 - Magnesium citrate.
 - Tea tree treatment for toenail fungus.
 - Foot care handout for fungal nail support (in previous treatment plan printout)
 - Contact details for Home Organisation services (in previous treatment plan printout)
 - Contact details for Relationship Support services (in previous treatment plan printout)
 - *Possible supplement options for continued mood and digestion support.*
 - *We will review these options at our next follow up appointment.*
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Next Steps

- Consider a follow up in about 4 weeks to check progress with mood, digestion, and home organisation goals.
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Encouragement

You're doing a wonderful job Kerry! And every small step counts towards your future goals. Let me know how you go and as always, reach out if you need help xx

Talk soon,

Mado Paulsen

BHSc (Nat)
Down to Earth Naturopathy

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