



**naturally
anew**

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Itty

Treatment Goals (short-term)

1. **Support energy levels and general wellbeing** via improving mitochondrial function, Krebs cycle efficiency, and cellular hydration to enhance ATP production, reduce fatigue, and promote systemic vitality.
2. **Support anxiety and panic symptoms** via modulation of GABAergic and glycinergic neurotransmission and restoration of autonomic nervous system balance to reduce sympathetic dominance, ease physical manifestations of anxiety (e.g. dizziness, tingling), and promote a sense of safety and calm.
3. **Support stress adaptation and immune resilience** via regulation of the hypothalamic-pituitary-adrenal (HPA) axis and enhancement of non-specific immune defences to improve resilience to psychological and physiological stressors, reduce vulnerability to illness, and stabilise mood and energy.
4. **Support blood sugar regulation and vascular flow** via improving cellular glucose uptake, insulin sensitivity, and endothelial function to reduce glycaemic variability, support stable energy and mood, and improve microcirculatory tissue oxygenation.
5. **Reduce gastrointestinal symptoms** via stimulation of digestive secretions and enhancement of enzymatic breakdown, absorption, and assimilation to reduce upper GI fermentation, bloating, and nutrient insufficiencies contributing to systemic symptoms.

Treatment Goals (long-term)


1. Optimise Gut health
2. Support nutrient repletion
3. Support anxiety resilience
4. Support Immune resilience
5. Maintain energy levels
6. Support circulatory health
7. Support cardiometabolic health

Pathology of note

1. Iron increased quickly, likely due to greatly enhanced Vitamin C intake.
Why? Vitamin C enhances iron absorption by lowering gastric pH and acting as a reducing agent, converting ferric (Fe^{3+}) to the more absorbable ferrous (Fe^{2+}) form. It also forms soluble iron-ascorbate complexes, preventing inhibition from compounds like phytates, thereby increasing intestinal uptake and ferritin storage.
2. Thyroid is still running fast, though this has improved. **Your TSH seems to be inherently low and it might explain symptoms like heart palpitations, increased anxiety & weight loss at this level. There is also a very low presence of thyroid antibodies which **could** suggest previous postpartum thyroid crisis or early autoimmune thyroid condition. Will retest in future to see which direction it is going.**
3. Signs of possible electrolyte imbalance: **New electrolyte will hopefully address**
4. Signs of possible GIT inflammation : **Microbiome Testing will tell us more**
5. Possible deficiencies untested, for future pathology considerations:
Vitamin D, Active B12, Homocysteine, Zinc, Magnesium, Retest Iron/Ferritin


Naturopathic Treatment Plan

Herbal


Product	Herb	Intent	Instruction
Enterozyme by Biopractica \$53.46 	<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 (or with meals) 2-3 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.

Herbal

Product	Herb	Intent	Instruction
<p>Defence Adapt by Eagle \$60.56</p> 	<p>Adaptogens: <i>Withania somnifera</i> <i>Ashwagandha</i> <i>Astragalus membranaceus</i> <i>Astragalus</i></p>	<p>These aim to help your body handle physical and emotional stress more effectively. Ashwagandha gently calms your nervous system, reduces anxiety, and supports restorative sleep—so you wake up feeling rested rather than fatigued. Astragalus strengthens your adrenal glands and builds long-term stamina, helping to prevent the exhaustion that comes from chronic stress and overwhelm.</p>	<p>Take 2 tablets 2 x day with meals.</p>
	<p>Immune modulators: <i>Echinacea purpurea</i> / <i>Echinacea</i> <i>Astragalus membranaceus</i> / <i>Astragalus</i></p>	<p>These cornerstone immune herbs not only help your body respond quickly to infections but build long-term immune resilience. By enhancing your immune system's readiness and efficiency, it helps your body maintain strength against daily environmental challenges—supporting a stronger, more balanced immune defence that prevents illness before it starts.</p>	
	<p>Medicinal Mushrooms: <i>Lentinula edodes</i> / <i>Shiitake</i> and <i>Ganoderma lucidum</i> / <i>Reishi</i>,</p>	<p>These mushrooms are rich in beta-glucans that train and modulate your immune cells. Shiitake supports your energy levels and circulation, while Reishi adds a calming, restorative effect on the nervous system and improves sleep quality.</p>	

Homeopathic

Product	Herb	Intent	Instruction
<p>Arsenicum Album 30c \$21</p>  <p>What is homeopathy? <i>Homeopathy is a gentle, energetic form of medicine that works by stimulating the body's own self-healing mechanisms. Remedies are chosen based on the law of similars — "like cures like" — meaning a substance that causes certain symptoms in a healthy person can help resolve those same symptoms in a sick individual when given in an ultra-diluted, potentised form.</i></p> <p><i>Rather than suppress symptoms, homeopathy aims to restore balance at the root level — emotional, mental, and physical — by strengthening the vital force, your body's innate ability to heal. Remedies are matched to the total symptom picture: not just a diagnosis, but how the person experiences their symptoms, personality, fears, preferences, and energy patterns.</i></p>	<p>Arsenicum Album</p>	<p><i>Arsenicum album</i> is a major remedy in both acute and chronic states, especially where anxiety, restlessness, digestive disturbance, and hypersensitivity dominate the picture. It's particularly suited to individuals who are meticulous, easily chilled, and feel safer when others are nearby.</p> <p>In homeopathy, <i>Arsenicum album</i> is believed to gently stimulate the nervous system and digestive tract, calming over-reactive stress responses while supporting recovery from depletion and chronic fear states. Its action is particularly balancing for people with a fragile sense of safety — whether due to trauma, illness, or personality tendencies.</p>	<p><u>Daily Dosing:</u> 1 dose = 2-4 pellets under the tongue, on a clean mouth (away from food, strong mint, or coffee).</p> <ul style="list-style-type: none"> • Take 1 dose morning and evening (approx. 12 hrs apart) <p>Report back to me after day 3 days of ANY changes. Notice small things.</p> <p><u>Dosing during a Panic Attack:</u></p> <ul style="list-style-type: none"> • Take 1 dose as symptoms start <p>Wait and observe for 5–15 minutes. If no change and anxiety persists...</p> <ul style="list-style-type: none"> • Take a 2nd dose <p>Wait another 5-15 minutes, if still persists...</p> <ul style="list-style-type: none"> • Take a 3rd dose <p>At this point, hopefully there is a clear improvement (e.g. calmer, less racing thoughts, less physical distress).</p>

Product	Hero ingredients	Intent	Instruction
<div><div><div>AlkaMin Calm</div><div>by Orthoplex White</div><div>\$43.95</div></div><div></div><div><div>Vegan, Powder</div></div></div>	<div><div>Magnesium</div><div>Glycine</div><div>Taurine</div></div>	<div><div>Energy, Stress & Anxiety:</div><div>These nutrients help stabilise mood, reduce overstimulation, and improve recovery from acute stress or panic. By supporting cellular energy production and balancing excitatory and calming neurotransmitters, they help reduce physical symptoms like dizziness, tingling, and palpitations—especially in anxious states. Regular use can also help buffer against stress-induced nutrient loss, making the nervous system more resilient over time.</div></div>	<div><div>Take 1 scoop of powder, in approximately ½ cup of water, the morning, with breakfast.</div><div>Take 1 scoop of powder with water in the evening, after dinner.</div><div>1 scoop, 2 x day + ¼ teaspoon Essential Electrolytes Salt</div></div>
<div><div>Essential Electrolytes</div><div>by Ancient Lakes</div><div>\$21.95</div></div> <div></div>	<div><div>Minerals: Calcium, Zinc, Selenium, Chromium, Molybdenum + Sodium</div></div>	<div><div>Electrolyte balance:</div><div>These charged ions help regulate essential bodily functions, including fluid balance, nerve function, muscle contraction, and maintenance of proper pH levels. Maintaining the right electrolyte levels is essential for hydration, particularly with POTS style symptoms where electrolytes, particularly sodium and potassium, are critical for preventing blood pressure drops.</div></div>	<div><div>Add ¼ of a teaspoon to the AlkaMin Calm in morning & evening.</div></div>
	<div><div>Extra Sodium, Potassium, Magnesium</div></div>	<div><div>Added minerals for symptom support.</div></div>	

OPTIONAL Nutrition







07.25

Product	Hero ingredients	Intent	Instruction
<div>SIG Glow by Biopractica</div> <div>\$39.95</div> <div></div> <div>Vegan, Powder</div>	<div>Supergreens & Micronutrient-Dense Plants:</div> <div>Spirulina, Alfalfa, Barley leaf, Wheatgrass, Chlorella, Acerola, Brown rice protein (fermented)</div>	<div>These nutrient-rich greens provide a broad-spectrum of vitamins, minerals & antioxidants that nourish every body system. Spirulina and chlorella are particularly high in bioavailable protein, chlorophyll, and detoxifying compounds that support liver clearance, oxygenation, and skin healing. Fermented brown rice protein adds highly absorbable amino acids to assist with tissue repair, including the skin and gut lining.</div>	<div>Take 1 teaspoon of powder mixed with water or smoothie.</div> <div>In times when need extra immune support, take 1 teaspoon twice daily.</div>
	<div>Immune-Modulating Mushrooms, Nutrients & Bioactives</div> <div>Shiitake, Maitake, Saccharomyces cerevisiae (Wellmune®), Quercetin, Zinc</div>	<div>This blend helps build long-term resilience and regulate both innate and adaptive immunity. Medicinal mushrooms (beta-glucans) & Wellmune® (a clinically validated yeast beta-glucan) train and balance immune cells. Quercetin offers mast cell stability and anti-inflammatory support, ideal for allergy-prone or reactive individuals. Zinc is critical for immune repair and defence, skin regeneration, and gut barrier integrity</div>	
	<div>Prebiotic Fibres & Gut-Nourishing Substrates:</div> <div>Inulin, Green banana starch, Sprouted pea fibre</div>	<div>These prebiotic fibres feed beneficial gut flora, encouraging a balanced microbiome that influences everything from immune regulation to skin health and mood.</div>	

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.

Intervention	Instruction	Intent
Breakfast	Focus on finding something to eat in the morning, some greek yogurt and the SGI Greens powder may be a good way to start.	<p>Even if you're feeling a little nauseous in the morning, it's actually extra important to gently nourish your body early in the day.</p> <p>Skipping breakfast can make blood sugar dip lower, which often worsens nausea, fatigue, and anxiety later in the day.</p> <p>Starting with something light but stabilising—like your SGI Glow Greens and a few spoonfuls of Greek yogurt—is a great way to signal safety to your nervous system and support your gut lining, hormones, and brain function.</p> <p>Even just a little bit of food in the morning helps your body switch out of “stress mode” and into “rest and repair.” Once your body starts to feel nourished and safe, that morning nausea often improves too.</p>

Intervention	Instruction	Intent
Menstrual/ Birth Control Tracker	<p>Check out these apps: Natural Cycles App (paid) who claim they are 93% effective compared to other birth control methods. This graphic was taken from the Natural Cycles Website.</p> <p>Other options are: Ovia Fertility & Cycle Tracking App (Free)</p> <div><div><p>93% Contraceptive Pill</p></div><div><p>HORMONAL</p><p>93% Vaginal Ring</p></div><div><p>99% Hormonal IUD</p></div></div> <div><div><p>93% Natural Cycles®</p></div><div><p>NON-HORMONAL</p><p>87% Condom</p></div><div><p>99% Copper IUD</p></div></div>	<p>Using birth control apps as a natural birth control method is known as family awareness method (FAM).</p> <p>Using these apps are essentially a detailed period tracker so you can avoid intercourse or use other protection during your most fertile period - ovulation. There are different statistics comparing the effectiveness of these apps to condoms and other birth control methods, but it is agreed that the likely reason for a slightly lower score is due to user error and variance in menstrual cycles (irregular cycles usually).</p> <p>As a general rule, this method will be most effective for people with regular periods.</p>

Intervention	Instruction	Intent
<p>Functional testing (through Naturopath only)</p>	<p>MetaXplore GI by Co-Biome \$425 + Shipping & Handling</p> <p>This is an optional complete microbiome mapping test, if you choose.</p> <p>You will receive an email from Cobiome by Microba with further purchasing instructions.</p> <p>MetaXplore™ evaluates:</p> <ul style="list-style-type: none"> • GI health markers: calprotectin, lactoferrin, sIgA, zonulin, pancreatic elastase, fecal occult blood—including gut mucosal inflammation and barrier function. • Microbial function and metabolite potential: includes markers like butyrate, propionate, TMA, hydrogen sulfide, beta-glucuronidase, ammonia, GABA – giving insight into microbial metabolism and system-wide effects. • Emerging markers: production/consumption of GABA, histamine, vitamin K, lactate, mucin or oxalate metabolism—linking the microbiome to nervous system and immune balance. • Pathogen & Parasite Panels (MetaXplore GI Plus): detects <i>C. difficile</i>, <i>E. coli</i> pathotypes, <i>Giardia</i>, <i>Cryptosporidium</i>, <i>Blastocystis</i> subtypes, and other protozoa or parasite species using DNA-based techniques. 	<p>Co-Biome's MetaXplore™ uses shotgun metagenomic sequencing, the most advanced form of microbiome analysis available, to detect over 28,000 microbial species—including bacteria, archaea, fungi, and parasites—in a single, comprehensive gut report.</p> <p>Combined with diagnostic gastrointestinal biomarkers (such as calprotectin, lactoferrin, secretory IgA, zonulin, fecal occult blood, pancreatic elastase), it provides a detailed picture of gut inflammation, immune activity, barrier integrity, digestion, motility, and detoxification status.</p> <p>The results are interpreted using evidence-based research and AI-driven clinical databases, giving a scientifically robust foundation for tailored intervention.</p> <p>I can then use your unique results to recommend targeted, evidence-based strategies—such as specific herbal antimicrobials, prebiotics, probiotics, dietary changes, and lifestyle support—personalized to your microbiome and clinical picture.</p>

Next appointment

I'd like to see you again about 4 weeks from the time you receive supplements and start the protocol (approximately early Sep).

Appointment Goals:

- Discuss compliance to plan, changes noticed, expected or unexpected
- Review stress, energy, anxiety, sleep
- Tweak plan for optimal results
- Discuss any new developments
- Possible review GI results, if available

More information