



**naturally
anew**

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Hannah

Treatment Goals (short-term)


1. Support hormonal balance & jawline acne **via** optimising liver capacity and detoxification (post pill, roaccutane, PCOS symptoms)
2. Support hormonal balance **via** tracking healthy ovulation
3. Reduce bloating **via** supporting complete food breakdown, digestion, absorption and assimilation
4. Reduce cyclic bloating **via** optimising hormonal transitions
5. Support energy levels and general wellbeing **via** optimising macro, micro & nutrient cofactors for energy production and electrolyte balance.

Treatment Goals (long-term)

1. Reduce 'hormonal' symptoms
2. Explore and Support long term contraception plan
3. Reduce bloating
4. Support sinus health
5. Review Pathology & optimise/correct nutrient status
6. Explore functional testing for 'hormones'

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, 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 + Nutrition (combined)

Product	Hero ingredients	Intent	Instruction
<p>P2 Detox Powder by Mediherb \$59.93</p> 	<p>Broccoli seed extract Broccoli sprout extract</p>	<p>This combination provides glucoraphanin, a precursor to <i>sulforaphane</i>, which promotes Phase II and Phase III liver detoxification—helping your body safely process and eliminate excess oestrogens and androgenic metabolites through the bowel. This is particularly important in reducing hormone congestion that contributes to symptoms like acne, bloating, and heavy menstrual bleeding.</p>	<p>Take 1 teaspoon with 50-100ml water, 2 x day.</p> <p>With breakfast & dinner.</p>
	<p><i>Curcuma longa</i> Turmeric</p>	<p>Strong anti-inflammatory and liver-supportive effects, helping to modulate inflammatory pathways and reduce systemic inflammation (often present in PCOS & acne).</p>	
	<p>Amino acids: Glutamine Glycine Taurine Methionine Cysteine</p>	<p>Aid in glutathione production (your body's master antioxidant), support liver conjugation processes, and help restore gut lining integrity. A healthy gut lining and regular elimination are essential for Phase III detoxification, preventing the reabsorption of processed hormones and reducing skin flare-ups and hormonal imbalances</p>	

Product	Hero ingredients	Intent	Instruction
<p>Everyday Hydration Salts (electrolytes) by Sodii (optional)</p> <div></div> <p>30 sachets \$68.90</p> <div></div> <p>Tub: \$64.90</p>	<p>Australian lake salt (1000 mg of sodium/serve)</p> <p>70 mg of magnesium/serve</p> <p>210 mg of potassium/serve</p> <p>Orthosilicic acid (Silica)</p> <p>Stevia rebaubiana</p> <p>*Non-synthetic electrolyte mix</p>	<p>"You're drinking a great amount of water—but without enough electrolytes, your body may still be functionally dehydrated at the cellular level."</p> <p>Hydration isn't just about fluid intake—it's about fluid absorption, distribution, and retention, which rely heavily on your electrolyte balance, especially when you're training regularly.</p> <p>When you exercise, particularly at a high intensity like basketball, you lose significant sodium, potassium, and magnesium through sweat. If you're replacing that fluid with plain water only, you can actually dilute your extracellular sodium levels. This can impair water movement into your cells, leaving you feeling tired, crampy, or foggy despite drinking litres of water.</p> <p>This mix offers a therapeutic dose of Sodium for athletes supporting fluid retention and osmotic balance, blood volume, pressure, and cell hydration, all of which are essential for exercise performance and recovery. The balance of Potassium & Magnesium also regulates muscle contraction/relaxation and nerve transmission.</p>	<p>Take 1 scoop/sachet of powder, in 500+ml of water divided throughout the day or taken during/after training.</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.

Intervention	Instruction	Intent
<p>Protein consciousness</p> 	<p>Ideally you would eat 0.8 grams of protein per kilo of body weight per day. For women it usually comes to about a serve of protein, the size of your palm, per meal.</p> <ul style="list-style-type: none">• Take 1 scoop Protein Powder* in smoothie/yogurt for breakfast (Approx 25g protein).• Substitute Greek Yogurt for Regular Yogurt (A 170-gram serving of Greek yogurt can contain around 15-20 grams of protein)• Full fat Cottage Cheese is a great cheese you're already eating (200–220 grams -about ¾ to 1 cup- contains 20 grams of protein)	<p>Protein is a key nutrient for supporting overall health, particularly when it comes to muscle maintenance, metabolism, and balanced energy. When you eat protein, your body breaks it down into amino acids, which are used to repair and build muscle tissue.</p> <p>Having adequate muscle mass is important because muscle is metabolically active—meaning it burns more energy than fat, even at rest, This helps the body efficiently use calories, supporting stable energy levels throughout the day.</p> <p>Protein is essential because it helps stabilise blood sugar, which is especially important when managing hormonal imbalances or suspected PCOS, as blood sugar spikes can worsen insulin resistance and androgen levels.</p>

* Your protein powder is good quality and a complete protein. I am happy for you to continue with it for now.

I would like to talk about your dairy intake at next appointment, particularly relative to sinus issues.

Intervention	Instruction	Intent
<p>Fibre</p>	<p>We will start little steps to adding fibre into your day.</p> <p><u>Challenge #1: July 2025</u></p> <ul style="list-style-type: none"> • Buy LSA (a premade mixture of flaxseeds, sunflower seeds, and almonds) from your local health food store or <u>online here</u> • Add 1 tablespoon to your smoothie/yogurt/chia bowl each day. 	<p>The Australian Dietary Guidelines recommends approximately 25g of fibre per day, minimum, with Naturopathic ideal levels ultimately at 38g/day. <u>Most people do not achieve this.</u></p> <p>Fibre has many functions in the body improving stool consistency and passage. Many good quality fibres are also prebiotics, which act as selective fuel for beneficial bacteria in the gut promoting microbial health and diversity. Fibre is fermented by gut bacteria to produce short-chain fatty acids (SCFAs), like butyrate, which help reduce inflammation, support gut lining integrity, and enhance liver detoxification.</p> <p>Specifically, fibre supports hormone balance by binding to excess oestrogen and other metabolites in the gut, promoting their excretion via Phase III detoxification. This final phase of detox relies on adequate fibre to carry waste products—processed by the liver—out of the body through the bowel. This helps prevent reabsorption of hormones, which is particularly important in conditions like PMS, PCOS, and heavy periods.</p> <p>Fibre also nourishes beneficial gut bacteria, which play a role in oestrogen metabolism via the estrobolome, further supporting hormonal regulation.</p>

Intervention	Instruction	Intent
Ovulation Tracking : Mucous	<p>Be aware of your mucous over the next month.</p> <p>Mark down when you have any mucous, is it white? clear? sticky? blood streaked?</p> <p>Record changes in your Period Tracking App and we will talk about it in the next session.</p>	<p>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.</p> <p><i>Usually around 12-14 days before your next period.</i></p> <p>On average Ovulation often occurs on the last day of this mucus. The period with mucus is the most fertile time.</p>



Cervical mucus changes in response to oestrogen and can help you see whether you're approaching ovulation—or if ovulation isn't happening at all. In PCOS, ovulation is often delayed or absent, so tracking mucus patterns can reveal long, irregular cycles or a lack of fertile-quality mucus (clear, stretchy, egg-white-like). If you're not ovulating, your body misses the progesterone surge that usually comes after ovulation, which can lead to estrogen dominance—a common cause of heavy or prolonged periods. In short, by tracking these signs, you're tuning into your cycle's rhythm (or disruption) and uncovering helpful clues about hormone imbalances.

Intervention	Instruction	Intent
<p>Further Testing: Pathology (through GP)</p> <p>*Ideally do first thing in the morning while in a 'fasting' state.</p>	<p>1. Vitamin D</p>	<p>This marker helps us understand your immune system, mood, hormones, and bone health. Particularly as you are already taking a supplement.</p>
	<p>2. Serum B12/Active B12</p>	<p>B12 deficiency can lead to symptoms such as fatigue, weakness, and cognitive impairments.</p>
	<p>3. Full Iron Panel (incl. Haemoglobin, Ferritin, Transferrin sat, TIBC)</p>	<p>The pill may deplete this vitamin in the body.</p>
	<p>4. Thyroid</p>	<p>Many women are iron deficient which may contribute to/and be caused by heavy periods (viscious cycle).</p>
	<p>5. Fasting Glucose, HBA1C</p>	<p>Often hormonal imbalances can be impacted by thyroid.</p>
	<p>6. Liver Function (GGT, AST, ALT)</p>	<p>Blood sugar imbalances are often a large contributor to hormonal irregularities & suspected PCOS.</p>
		<p>Many things can be gleaned from these markers (from fatty liver tendency to B Vitamins & antioxidant status)</p>

Next appointment

I'd like to see you again in approximately 4 weeks (August)

Appointment Goals:

- Analyse pathology from GP and areas to support RE nutrient deficiencies, hormone (PCOS)
- Review current protocol and compliance, feedback from you is important!
- Note any changes
- Dig deeper into sinus issues and diet (dairy in particular)
- Consider further functional testing
- Talk about anything new that has come up since previous session

More information