



# NATUROPATHIC TREATMENT PROTOCOL

Patient name: Nicole Pusic

Practitioner: Amy Phillips

Date: 15/04/23

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## OBJECTIVES

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- Improve low moods – dopamine & serotonin production
- Reduce gut inflammation through investigation gut dysbiosis to reduce brain inflammation (gut-brain axis)
- Upregulate phase two liver detoxification pathways to improve metabolism of sex hormones, mould toxins & histamine
- Regulate hormonal imbalance & manage peri-menopause – PMS symptoms & short 21 day cycle
- Downregulate histamine production & mast-cell activation related to eczema, hay fever & migraines
- Investigate possibility of CIRS/Mould illness
- Support adrenal gland health & modulate stress response
- Nourish & restore nutrients depleted from long term stress

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## DIETARY INTERVENTIONS

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- Big focus on anti-inflammatory & anti-oxidant support!
- Avoid gluten & dairy for now
- Anti-inflammatory foods: fish, olive oil, nuts & seeds, avocado, turmeric, garlic, onion, parsley
- Anti-oxidant foods: all purple/blue fruits & vegetables, sage, oregano, green tea
- Become familiar with & consume low histamine foods (if/when possible) – handout below
- Water with a pinch of pink salt in your bottle – 35ml/kg body weight per day

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## LIFESTYLE INTERVENTIONS

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- Try to eat dinner with the girls – make one extra serve each night
- Purchase ready made meals for your husband so you can go to bed

- Mindful eating at one meal each day to improve digestion (lunch time seems most doable) – handout below
- Try to re-implement your journaling daily & add a 5 minute stretching routine for your body beforehand (if you can do this out in the sun – even better!)

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## **PRESCRIPTION/DOSAGE**

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See prescription document for dosages/timings

Herbal Tonic

MagTaur Xcell

Clinical lipids 2:1

Liposomal Glutathione

Foraged for You Mothers blend

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## **INVESTIGATIONS & REFERRALS**

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- Vitamin D, homocysteine, histamine, plasma zinc, HLA DR/DQ (gene test for mould illness susceptibility)

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## **LEARN MORE (RESOURCES & LINKS)**

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- Low-histamine handout attached
- Mindful eating handout attached

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## **NEXT STEPS/CHECK-IN**

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- Discuss vagal nerve stimulation
- Action plan session - 15<sup>th</sup> May 9.30am