



NATUROPATHIC TREATMENT PROTOCOL

Patient name: Penny Wood DOB: 08/07/1987

Date: 12/03/22

Practitioner: Amy Phillips

OBJECTIVES/AIMS

Enhance liver function & detoxification processes to prepare for anti-microbial phase – improving!

Increase intestinal motility to achieve a daily bowel motion with no straining – improving!

Modulate large intestinal dysbiosis – *Candida sp.*, *Streptococcus sp.* *Bacillus sp.* & *Citrobacter freundii* overgrowths found in Microbiome Mapping 2021.

Eliminate pathogenic bacterial overgrowths in small intestine (positive hydrogen & methane SIBO breath test 2021)

~~Improve upper digestive processes to reduce occurrence of bloating/digestive discomfort~~

Improve gut immunity to reduce risk of leaky gut/inflammation by increasing secretory IgA & restoring deficient beneficial bacteria *Lactobacillus Rhamnosus*, *E. Coli*, *Bifidobacterium sp.* & *Akkermansia muciniphila* (microbiome Mapping 2021)

~~Stimulate hunger signal to improve motility~~

Investigate & improve absorption of thyroid nutrient co-factors for T4/T3 production & conversion

Modulate stress response & improve cortisol levels – maintenance

Support coming off melatonin naturally to improve sleep onset & maintenance

Explore/investigate MTHFR gene mutation & methylation

DIETARY INTERVENTIONS

- **Follow SIBO Phase 1 Restricted Diet (blue column – organic where possible) handout (continue until check-in)**
 - Reasoning: this will eliminate the foods that are feeding the overgrowth in your small intestine, therefore reducing fermentation & minimising uncomfortable symptoms before we begin the anti-microbial phase.

- Avoid all gluten & dairy as you have been – including oats.

Meal ideas:

Include at least 1 bunch of parsley & 1 bunch of coriander to your diet each week (this can be mixed into your omelette or the base of a light salad with lemon or lime juice like tabouli without the grain)

- Parsley is high in iron & antioxidants which help detoxification
- Coriander is helpful in the detoxification of any heavy metals
- They will both add flavour to your meals, making them more exciting

Add a turmeric latte into your morning routine for anti-inflammatory & warming effects

- ¼ cup coconut milk, top up with boiling water, ½ tsp coconut oil, 2 tsp turmeric, ½ tsp cinnamon, stevia to taste

Have a look through this cookbook for more ideas, I haven't gone all the way through it but just ensure it correlates with the foods you're allowed under the restricted stage or adapt where necessary – hope it helps with variety (this is still important)!

- [SIBO-SOS-COOKBOOK-7.19.pdf \(digestionsos.com\)](#)

■ **Minimise snacking – aim for 3 larger meals per day with an overnight fast of at least 12 hours**

- Reasoning: This will ease the load on the digestive system & illicit a hunger signal activating the migrating motor complex (muscles in your digestive tract - grumbling) which is a bit sluggish right now.

■ **Aim to consume wild caught fish at least 2-3 times a week for anti-inflammatory benefit**

- Wild caught means they have not been farmed, fed an unnatural diet. Sardines, mackerel & salmon are all good choices.
- Generally, the smaller the fish the less heavy metals present – 'Good Fish' app is a great resource for sustainable fish consumption

■ **Consume only cooked vegetables – soups, broths, stews, steamed, roasted etc.**

- Reasoning: Cooked vegetables are much easier on a compromised digestive system & minimise the amount of energy needed to break them down. Energetically, a 'cold' (sluggish) digestive system will struggle with cold (raw) foods.

■ **Increase water, beef bone broth & green/chamomile/ginger tea consumption – combined at least 2.5-3L per day**

- Reasoning: Green tea is a powerful anti-oxidant & anti-inflammatory herb which will help reduce any die-off symptoms – aim for 2-3 cups/day but avoid after 3pm due to caffeine content. You can find caffeine-free green tea if you would like to avoid caffeine. Ginger is a warming herb, anti-inflammatory & helps increase gut motility (movement).

- Filtered water is needed to hydrate your cells & move your bowels. Filtered is preferred to minimise chemical consumption (eg. Chlorine & fluoride) that can disrupt microbiome diversity.
- Aim for at least 3-4 cups of bone broth per day. The amino acids, collagen & nutrients found in bone broths are incredibly healing for the gut. Always use grass-fed organic beef bones.
- Lemon & lime juice ice-cubes in your water bottle would be a nice addition to stimulate stomach acid production, liver function & improve flavour. Consider drinking with straw when possible as the acid can eat away at the enamel on your teeth after a long period of time.

LIFESTYLE INTERVENTIONS

- Try applying **castor oil packs** for 4 consecutive days each week for the next 6 weeks
 - This should help support detoxification in the liver & reduce inflammation/constipation in the gut - <https://shop.gapsaustralia.com.au/castor-oil-pack-discount-bundle/>
- **Epsom salt baths** weekly for nervous system support & to saturate muscles with magnesium to improve bowel movements
 - At least 4 cups per bath & soak for 20-30mins each week (can be done as foot bath too if necessary)
- Continue your daily meditation/breathing practices to reconnect to your body & reduce any stress impacts on your gut health – **you may enjoy binaural beats for concentration & sleep needs**
- Vagal nerve stimulation to support gut motility
 - 5 minutes a day of humming, singing, gargling,
- Complete a cosmetic/home detox to reduce harmful chemicals (especially SLES) that can affect our endocrine system most significantly, the function of the thyroid.
- 20-30 minutes of direct sunlight daily with as much skin exposed as possible
 - This will support mood, circadian rhythm & vitamin D synthesis
- Continue your movement routine as that will also help keep your bowels moving.
- Eating mindfully – slowly & chewing each mouthful 20 times is really important to improve digestion. You should also be chewing your smoothies.

PRESCRIPTION/DOSAGE

Please see more detailed table on prescription document:

STAGE ONE – Preparation Protocol (2-8 weeks) – still going (12/03)

- ***FINISH OFF*** SB 500 – Helps to maintain gastrointestinal mucosa immunity/health (increase IgA levels) & support beneficial intestinal flora

Dose: 2 x capsules daily – 1 x AM & 1 x PM

- ***FINISH OFF*** 200ml Digestive/Liver Tonic: Globe artichoke, Dandelion root, Chamomile, St Marys, Gentian, Ginger

Dose: Increase to 10mls twice daily diluted in water – preferably 7mls three times daily (with each meal)

- ***CONTINUE*** MagTaur XCell – energy production & nutritional co-factors for liver detoxification processes

Dose: 1 x scoop in water each morning with food

- Continue your own vitamin D until finished – at least 2000IU/day – when finished let me know & I can prescribe you one

STAGE TWO: 6-week Anti-microbial Protocol

Rotation 1 (week 1 – 3): Start after finishing current supps

Step 1 - 15 mins before food - Lysis – breakdown biofilm & support digestion before breakfast & lunch

- Orthoplex Green Hydrozyme – 1 capsule 2 x day – digestion support
- RN Labs NAC powder (**add in after 2 weeks**) – ¾ scoop (500mg roughly) in water 2 x day – biofilm breakdown & liver anti-oxidant support

Step 2 – 15- 60 minutes after step 1 - Anti-microbials on 2-week rotation at breakfast & lunch

- Biomedica Allimax – 2 capsules 2 x day (start with 1 capsule 2 x day & build to 2 capsules) – targets methane producers & candida
- Antimicrobial Herbal Tonic (targeting candida & hydrogen producers) - Barberry, Oregon grape, Coptis, Green tea, Pau d'arco, Ginger

Increase your dose slowly as directed below. Stay on each dose for a minimum 3 days before increasing. Only increase if die-off symptoms are minimal/manageable & not severe:

- Start with 20 drops diluted in 15mls water twice daily
- 2.5mls diluted in 15mls water twice daily
- 5mls diluted in 15mls water twice daily
- 7.5mls diluted in 15mls water twice daily

Repeat Step 1 & 2 at breakfast & lunch then move to step 3 & 4.

Step 3 - 2 – 6 hours after step 2 - Clean up – minimise die off symptoms – keep your water intake high

- Foxicum Toxaprevent Medi Pure – 2-3 capsules
- If die off is extreme add: Activated charcoal – 1 tsp in water
- 1-3 cups Green Tea/Ginger/Chamomile Tea throughout the afternoon/night

Step 4 – Repopulate & soothe – before bed

- Spectrum Pro 4-50 (populations are low in your gut) - 1 capsule at night before bed

- Mutaflor – (populations are low in your gut) - 1 capsule at night before bed

INVESTIGATIONS & REFERRALS

- Thyroid nutrient co-factors – most important
 - Referral attached for urinary iodine (\$65), plasma zinc (\$37), vitamin D (\$45), selenium RBC (\$50)
- Thyroid Graves markers – when possible
 - Referral attached for RT3 (\$96), TrAb (\$41.50), TSI (couldn't find price)
- PROMS – GSRS – retest in May 2022

LEARN MORE (RESOURCES & LINKS)

- SIBO Bi-Phasic Diet Handout -
https://app.box.com/s/baptxbdq6hlc8638xht34121npcrz0fh?s=0bmuh4xnml3lccnx2dit&utm_source=drip&utm_medium=email&utm_campaign=Workflow+-+Bi-Phasic+Diet+v+2.1&utm_content=%5BDOWNLOAD%5D+Your+SIBO+Bi-Phasic+Diet
- Chemical free-living links to check out (personally I love Kin Kin & Abode products):
 - <https://www.buildingbiology.com.au/hazards/is-your-house-making-you-sick.html>
 - <https://www.nourishedlife.com.au/article/5186390/guide-having-toxin-free-home.html>
- GoodFish App – sustainable fish guide
- Recipe for bone broth - <https://helenpadarin.com/healthy-recipes/beautiful-bone-broth/> or purchase a paste from local health food store & use 1 tsp each cup. GevityRx is a good brand
<https://au.gevityrx.com/products/natural-bone-broth-body-glue>
- Water filter brands:
 - Short term: water jug - <https://www.waterscoaustralia.com.au/collections/filter-jug>
 - Long term:
 - <https://www.waterscoaustralia.com.au/collections/benchtop-water-filter>
 - https://zazenalkalinewater.com.au/products/zazen-alkaline-water-system?qclid=Cj0KCQiApL2QBhC8ARIsAGMm-KHzRgt8Zoqx3KW0AzBHW0y8ne5XhAoBm2DAvAonJ-ruQxTeuKRfTmIaAuC-EALw_wcB

NEXT STEPS/CHECK-IN

- **Check-in (15 mins)** - Once finished the herbal before starting anti-microbials – **roughly 26th March**
- **Standard Follow up (45 mins)** – **roughly 23rd April** after 4 weeks on antimicrobial phase

- Get thyroid blood tests done when you are financially able to.

Any questions/concerns just email me at aim.naturalhealthcare@gmail.com