

INITIAL CONSULTATION REVIEW AND TREATMENT PLAN

WITH COMPREHENSIVE GUIDE

11 May 2023

Dear **Shannyn**,

DOB: **23 October 1997**

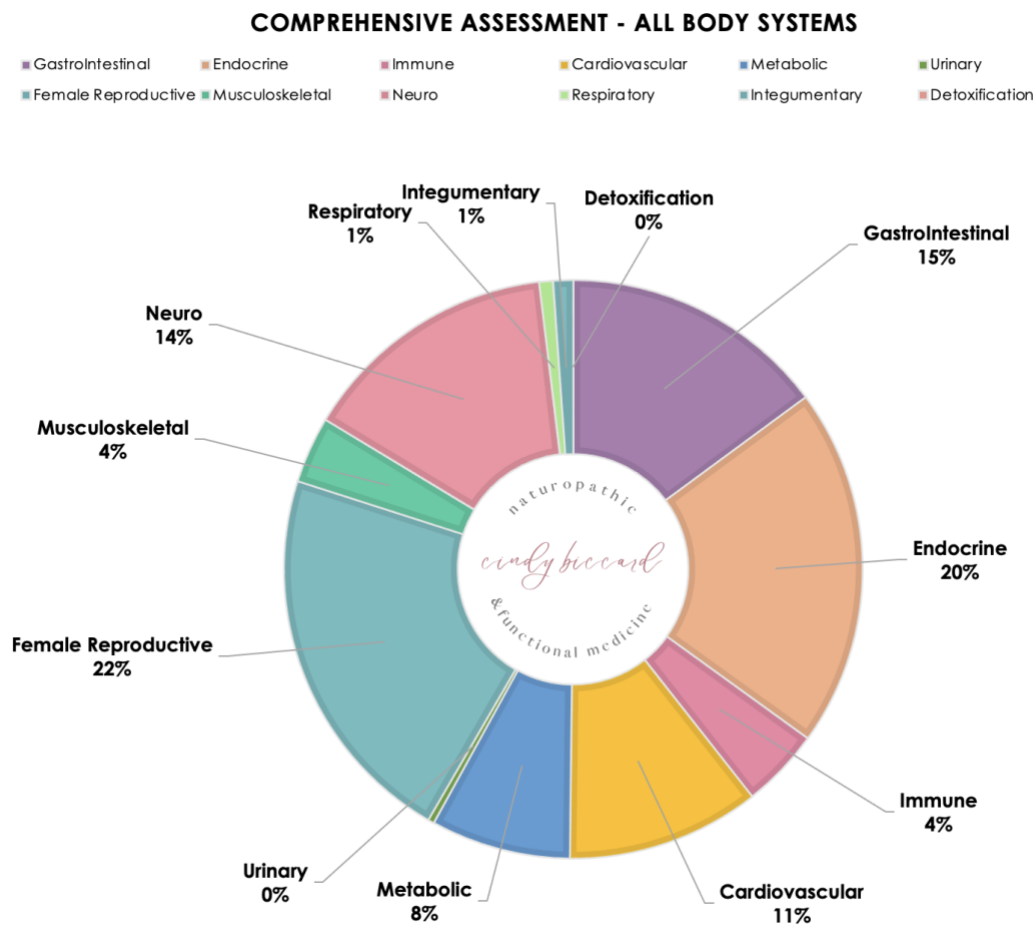
Thank you for choosing Cindy Biccard Naturopathic Medicine to assist you with your health journey. I am delighted to be afforded the opportunity of working along with you in optimising your health, as you are always the driver behind your own health and vitality.

It is the role of a naturopath to guide patients through foundations principles to ensure that you are on board with the health initiatives and to take charge of your own health through education and informed decisions.

- ✍ **First, do no harm** revolves around treatment strategies – the aim is to stimulate the body in order for it to regulate itself in returning to good health. This may include herbal medicine, dietary changes, nutritional supplements, and lifestyle interventions.
- ✍ **Identifying and treating the cause** differentiates our holistic approach to health from a conventional approach. Although some symptoms may be alleviated through therapeutic strategies – it is the goal to identify the underlying causative factors and establish a treatment plan accordingly for the body to regulate itself.
- ✍ **Treat the whole person** encompasses the mechanisms of how our mind, body and spirit interacts in maintaining good health or how it creates disease. By focussing on our entire being – an overall increase in vitality may be achieved.
- ✍ **Understanding the healing power of nature ...** by understanding our place in Creation and the synergistic ecological role each one of us play in it, we can embrace nature, it's produce, and the healing we may derive from it.
- ✍ **Exercise, movement, and lifestyle** as ways to prevent disease or to down-regulate inflammation and living life as optimally as we possibly can.
- ✍ **The physician as teacher** places a responsibility on a naturopath to educate patients with good health initiatives combined with research and evidence-based science in order for patients to become independent experts on their own health.

CURRENT HEALTH PROFILE

Following your completed comprehensive assessment to determine your health priorities, the following areas were identified as concerns that need to be addressed:



Priorities:

1. Female Reproductive
2. Endocrine System
3. Gastrointestinal System

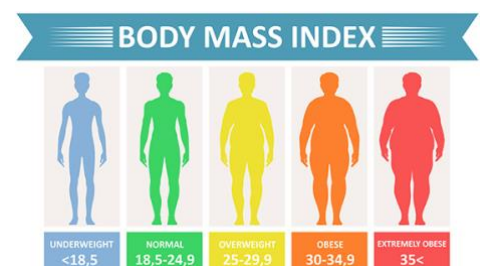
Patient's treatment requirements (as per Comprehensive Assessment):

1. Hormones
2. Depression
3. Pain

BMI (Body Mass Index)

24.4

Comments: Considered Healthy



Current Medication

Implanon NXT – Progestogen only contraceptive agent

Recorded Adverse Effects (eMIMS)

Chloasma; altered menstrual bleeding pattern; dysmenorrhoea; enlarged ovarian follicles; weight gain; incr risk breast cancer, liver tumour; paraesthesia; implant migration, expulsion; implant site reaction incl irritation, fibrosis, scarring; breast pain; acne; headache; emotional lability; thromboembolism; anaphylactic reaction; incr BP, ectopic pregnancy (rare); others

TREATMENT AIMS AND STRATEGIES

Short term treatment aims

- ♥ Restore mucosal layer of the gastrointestinal tract that lines the stomach & intestinal walls, to improve Goblet cell secretion of mucous for interaction of immune system and protection of mucous membranes.
- ♥ Improve digestion and hydrochloric acid secretion for optimal breakdown of proteins, defence against pathogens and regulation of digestive rate.
- ♥ Support exocrine function to ensure optimal nutrient digestion, absorption and assimilation from food.
- ♥ Support gallbladder and liver function for optimal fat digestion and detoxification.
- ♥ Improve microbial diversity of beneficial flora that may subsequently optimise digestive function, support the immune system, aid the synthesis of some B vitamins and Vitamin K.
- ♥ Improve neurological function and alleviate current feel of overwhelm.
- ♥ Improve diet and optimal intake of nutrient dense and quality fatty acids and protein along with a variety of phytochemicals.

Short term treatment strategies

- ♥ Dietary interventions as discussed comprehensively below.
- ♥ Nutrigenomic intervention for optimising Gut health and detoxification.
- ♥ Lifestyle interventions as discussed comprehensively below.

Long term treatment aims

- ♥ Improve hormone function and synthesis of neurotransmitters for optimal mental wellbeing.
- ♥ Support liver detoxification and metabolising pathways to improve mood and skin.

Further investigations recommended

Blood pathology:

Full Blood Exam	<input checked="" type="checkbox"/>	hsCRP	<input checked="" type="checkbox"/>	LDH	<input checked="" type="checkbox"/>
Creatine Kinase	<input checked="" type="checkbox"/>	Corrected calcium	<input checked="" type="checkbox"/>	Phosphate	<input checked="" type="checkbox"/>
UEC	<input checked="" type="checkbox"/>	Urate	<input checked="" type="checkbox"/>	Magnesium	<input checked="" type="checkbox"/>
Lipids (incl. HDL)	<input checked="" type="checkbox"/>	Lipase	<input checked="" type="checkbox"/>	Amylase	<input checked="" type="checkbox"/>
LFT's (incl. AST)	<input checked="" type="checkbox"/>	Fasting Glucose	<input checked="" type="checkbox"/>	Iron Studies	<input checked="" type="checkbox"/>
Vitamin D	<input checked="" type="checkbox"/>	TSH / FT3 / FT4	<input checked="" type="checkbox"/>	Hba1c	<input checked="" type="checkbox"/>

You may ask your GP to have these tests done and be bulk billed OR you could have this tested privately through a Functional pathology lab and carry the expense. If you choose to do this privately, please advise your practitioner in order to receive a referral form.

LIFESTYLE RECOMMENDATIONS

Physical Activity

- ☐ Walking 20-30 minutes at least 5 times a week – you are currently doing approximately 20 000 steps per day, which is great!
- ☐ Pilates exercises – strengthening the core muscles

Sleep Hygiene

- ☐ Aim for between 8-10 hours of sleep per night to assist with down-regulating current symptoms of upregulated sympathetic nervous system to a balanced para-sympathetic nervous system 😊

Stress Management

- ☐ Hydrotherapy
- ☐ Mindful Breathing Technique – deep breathing through nostrils – hold for 5 minutes and slowly breathing out through nostrils. Repeat 5 times.
- ☐ [Legs against the wall](#)
- ☐ Massage
- ☐ Sauna
- ☐ Take a magnesium bath and soak – no more than 20 minutes

Connect with nature

- ☐ Forest bathing
- ☐ Hiking
- ☐ Feeding birds
- ☐ Bird watching

Creativity

- Be creative in activities such as:
- ☐ Scrapbooking
 - ☐ Keeping a gratitude journal of diary with some creative flair
 - ☐ Art Therapy through a qualified therapist

Oral Health

- ☐ [Oil Pulling](#) with coconut oil + essential oils such as peppermint, clove and cinnamon
- ☐ Non-fluoridated toothpaste – fluoride is a neurotoxin

Relationships

- ☐ Spend time with friends and family – talking and laughing
- ☐ Laughing regularly – watch a comedy or read a book
- ☐ Spend time in spiritual practices – be mindful and present

Reduce environmental toxic exposure

Environmental toxic exposure may lead to endocrine disruption and a causative factor to various disorders such as depletion of energy, weight gain, autoimmune conditions, neurodegenerative diseases and cancer.

The following links are there for educational purposes to reduce exposure:

[Phthalates](#)

[Skin care and personal body products](#)

[Plastic products](#)

[Cleaning products](#)

[Cookware](#)

[Mould exposure](#)

[Tips on Performing an Environmental Toxic Cleanse](#)

[Tap water](#) and [Bottled Water Risks](#)

[Microwave usage](#)

DIETARY RECOMMENDATIONS

Functional Food Pyramid

Dietary Habits + Lifestyle habits = Health & Vitality



Serving sizes



Vegetables
2 handfuls



Starchy Vegetables
1 handful



Protein
1 palm



Fruit
1 palm



Oil/Ghee
1 thumb



Family, friends and
community



Quality sun
Exposure



Quality Sleep
Routine



Regular
Exercise



Spiritual
Wellbeing

FUNCTIONAL FOOD AS MEDICINE



Hydration

Being hydrated assists the body to 'flush' toxins, improves metabolism, promotes satiety and assists the body in having an improved stress response.

☐ Filtered water – Amount: 1500mL per day.

☐ Herbal teas: ☐ Elderberry & Echinacea ☐ Mint ☐ Fennel ☐ Lemongrass & Ginger ☐ Chamomile
☐ Cinnamon ☐ Ginger ☐ Licorice ☐ Apple & Cinnamon ☐ Womankind

* These teas are from the Pukka Organic range and serves as a guideline only and are available from Osborne Health Supplies.

☐ Keto electrolytes / [Sole water](#) (5mL in 1L is adequate for a day).

* Add a slice of lemon or lime for a hint of natural flavour to your water

* In general, darker-yellow urine is an indication that there is a need for more water (except when the darker colour is due to B-vitamins 😊), clear urine and increased trips to the toilet may indicate over-hydration.

☐ Avoid over consumption of coffee – enjoy one good quality cup per day from organic roasted beans with no sugar ☹️ Coffee is not a hydrator – in fact, too many can dehydrate you.

Protein sources

Proteins are the building blocks of life – once digested they become amino acids, to repair cells and create new ones, support muscle growth, maintain muscle mass, support the immune system, and assists in the regulation of blood sugar levels, which increases satiety. Choosing protein should predominantly be organic, grass-fed, free-range, wild caught – they are lower (or no) in toxins such as genetically modified grain-fed, hormone treatments, antibiotic treatments. They are higher in anti-inflammatory omega-3 fats.

Animal protein are the most bioavailable for humans due to our similar cell structure. These include:

- ☐ Lamb
- ☐ Chicken
- ☐ Beef
- ☐ Kangaroo
- ☐ Turkey
- ☐ Eggs
- ☐ Fish (SMASH – salmon, mackerel, anchovies, sardines and herring). These fish have been linked to higher anti-inflammatory omega-3 levels and lower toxic mercury poisoning.

Proteins from legumes, such as beans and lentils contain both complex carbohydrates, protein and quality fibre, but lack in healthy fats. They lack a complete set of essential amino acids, which can be obtained if they are mixed with quality animal protein.

Healthy Fat sources

Anti-inflammatory fats that are minimally processed and high in omega-3 fatty acids are essential for creating energy and needed for the maintenance of every cell in the body. A minimum of 4 servings per day are suggested and in small amounts. The following are sources of healthy fats:

- ☐ Avocados
- ☐ Butter & ghee – may also be a source of natural vitamin K that help absorb Vit D for bone density
- ☐ Extra Virgin Olive Oil – only when using for low heat and mostly as salad dressing
- ☐ Fatty Fish – high in anti-inflammatory omega-3
- ☐ Nuts and seeds – full of minerals and fibre – only small amounts needed (handful per day)
- ☐ Eggs – pasture fed only
- ☐ Grass-fed, organic beef
- ☐ Full-fat dairy – organic and unhomogenised milk, yoghurt, hard cheeses such as Gouda and cheddar
- ☐ MCT oil
- ☐ Dairy alternatives: Almond, Rice, Coconut and Macadamia milk – preferably organic to avoid exposures to toxins such as BPA

Fibre

There are two types of dietary fibre that is essential to be consumed daily at around **25 grams for females** and **38 grams for men**. Dietary fibre from unprocessed whole foods are divided into two types:

Insoluble fibre: This serves as a 'bottle brush' in the intestines, clearing the wastes from the digestive tract and assisting with a complete evacuation. These are mostly found in the outer coat of vegetables and whole grain (Quinoa, Rolled and steel-cut oats).

Soluble fibre: This type of fibre attracts water, swells and creates a gel-like mass that slows down digestion to keep you feeling fuller for longer, it traps toxins so that the body can effectively excrete them and provides "food" (a prebiotic) to your commensal (healthy) bacteria to support the immune system, down-regulate inflammation and create 'vitamins' such as Vitamin K in the large intestine as well as regulate blood glucose levels. Foods high in soluble fibre are:

- Oat bran (organic and gluten free)
- Barley
- Nuts
- Seeds
- Beans
- Lentils
- Peas
- Certain fruits: guavas, apples, nectarines, pears, avocados and apricots
- Vegetables: include Brussels sprouts, sweet potatoes, broccoli, carrots and turnips
- Psyllium husk
- Slippery elm
- Chia seeds (also great for healthy fats)

Phytochemicals (Vegetables & Fruit)

When purchasing vegetables and fruit it is essential that we try and avoid as much toxicity that comes through the pesticides sprayed. This [American Guide](#) is similar to ours in Australia and is helpful in making decisions when we cannot find organic produce. Shopping locally at farmer's markets from non-sprayed items, supports our liver more effectively, as it doesn't place an additional burden on detoxification pathways.

Aim to eat 600g of non-starchy vegetables per day from a variety of colours – "Eat the Rainbow". Fruit should be considered a treat, as it does contain fructose and in high amounts may cause you to struggle in maintaining your healthy weight goals.

Phytonutrient foods – 'Eat-the-Rainbow'

RED					
<input type="checkbox"/> Apples (p)	<input type="checkbox"/> Cherries	<input type="checkbox"/> Onions (p)	<input type="checkbox"/> Raspberries	Benefits	
<input type="checkbox"/> Beets	<input type="checkbox"/> Grapefruit (pink)	<input type="checkbox"/> Plums	<input type="checkbox"/> Strawberries	Anti-bacterial	Brain health
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Goji Berries	<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Rhubarb	Anti-cancer	Cell protection
<input type="checkbox"/> Cranberries	<input type="checkbox"/> Grapes	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Rooibos tea	Anti-inflammatory	Heart health
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Guava	<input type="checkbox"/> Radishes	<input type="checkbox"/> Tomato (p)	Blood circulation	Prostate health
ORANGE					
<input type="checkbox"/> Apricots	<input type="checkbox"/> Mango	<input type="checkbox"/> Persimmons	<input type="checkbox"/> Turmeric root	Benefits	
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Nectarine	<input type="checkbox"/> Pumpkin		Anti-inflammatory	Cell protection
<input type="checkbox"/> Rockmelon	<input type="checkbox"/> Orange	<input type="checkbox"/> Sweet potato		Blood circulation	Heart health
<input type="checkbox"/> Carrots	<input type="checkbox"/> Pawpaw	<input type="checkbox"/> Tangerine		Brain health	Reproductive health
YELLOW					
<input type="checkbox"/> Apples (p)	<input type="checkbox"/> Corn	<input type="checkbox"/> Passionfruit		Benefits	
<input type="checkbox"/> Pears (p)	<input type="checkbox"/> Ginger root	<input type="checkbox"/> Pineapple		Anti-inflammatory	Eye health
<input type="checkbox"/> Banana (p)	<input type="checkbox"/> Jackfruit	<input type="checkbox"/> Plantain		Cell protection	Heart health
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Lemon	<input type="checkbox"/> Summer squash		Digestive health	Immune health
GREEN					
<input type="checkbox"/> Apples (p)	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Green peas	<input type="checkbox"/> Pears	Benefits	
<input type="checkbox"/> Artichoke (p)	<input type="checkbox"/> Broccolini	<input type="checkbox"/> Green tea	<input type="checkbox"/> Peppers	Anti-cancer	Cell protection
<input type="checkbox"/> Asparagus (p)	<input type="checkbox"/> Brussels sprouts	<input type="checkbox"/> Kiwi	<input type="checkbox"/> Rocket	Anti-inflammatory	Digestive health
<input type="checkbox"/> Avocado (p)	<input type="checkbox"/> Cabbage	<input type="checkbox"/> Limes	<input type="checkbox"/> Spinach	Blood circulation	Heart health
<input type="checkbox"/> Bean sprouts	<input type="checkbox"/> Celery	<input type="checkbox"/> Leeks (p)	<input type="checkbox"/> Swiss chard	Bone health	Liver health
<input type="checkbox"/> Bitter melon	<input type="checkbox"/> Cucumbers	<input type="checkbox"/> Okra	<input type="checkbox"/> Snow peas	Brain health	
<input type="checkbox"/> Bok choy	<input type="checkbox"/> Green beans	<input type="checkbox"/> Olives	<input type="checkbox"/> Zucchini		
BLUE / PURPLE / BLACK					
<input type="checkbox"/> Berries	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Plums	<input type="checkbox"/> Raisins	Benefits	
<input type="checkbox"/> Cabbage	<input type="checkbox"/> Figs	<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Rice (black or purple)	Anti-inflammatory	Cell protection
<input type="checkbox"/> Carrots	<input type="checkbox"/> Grapes	<input type="checkbox"/> Potatoes		Blood circulation	Digestive health
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Olives (p)	<input type="checkbox"/> Prunes		Bone health	Heart health
				Brain health	Liver health
WHITE / TAN / BROWN					
<input type="checkbox"/> Apples	<input type="checkbox"/> Garlic (p)	<input type="checkbox"/> Nuts: almonds, cashews, pecans, walnuts, macadamias, Brazil nuts	<input type="checkbox"/> Seeds: Flax, Hemp, Pumpkin, Sesame, Sunflower	Benefits	
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Ginger		<input type="checkbox"/> Turnips	Anti-cancer	Cell protection
<input type="checkbox"/> Cacao (p)	<input type="checkbox"/> Chickpeas		<input type="checkbox"/> Wholegrains: Oats (p), Brown rice (p), Quinoa (p), Rye, Spelt	Anti-inflammatory	Digestive health
<input type="checkbox"/> Coconut	<input type="checkbox"/> Lentils (p)			Blood circulation	Heart health
<input type="checkbox"/> Coffee	<input type="checkbox"/> Lychee			Bone health	Immune health
<input type="checkbox"/> Dates	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Onions (p)		Brain health	Metabolic health
<input type="checkbox"/> Pears	<input type="checkbox"/> Tahini	<input type="checkbox"/> Shallots			

* This is a modified version of the Phytonutrient Spectrum Foods derived from The Institute of Functional Medicine ®

(p) Prebiotic Food – see next page

Pre-and Probiotic Foods

Our human gut microbiome, which forms a complex ecosystem consists of trillions of microbes. A microbiome that is dysregulated and not consisting of optimal commensal bacteria (good bacteria), have been linked to several disorders that include:

IBS (irritable bowel syndrome)	Infectious diarrhoea
intestinal permeability issues (leaky gut)	Coeliac disease
SIBO (Small Intestinal Bacterial Overgrowth)	Respiratory infections
Allergies	Thyroid disorders
Joint pain	Autoimmune conditions
Gastric ulcers	Parkinson's disease
Inflammatory bowel diseases such as Crohn's and	Chronic inflammatory conditions such as arthritis
Ulcerative colitis	Chronic fatigue syndrome
Cardiometabolic diseases (fatty liver, type II diabetes,	Inflammatory Skin Conditions
heart disease)	Mood Issues and Autism

Foods that promote inflammation and disrupt the microbiome:

- ⊗ Refined vegetable oils (canola, corn, soybeans, sunflower)
- ⊗ Pasteurised dairy products
- ⊗ Refined carbohydrates and grain products
- ⊗ Conventional meat, poultry and eggs – due to cheap inflammatory feed ingredients
- ⊗ Trans fats (used in processed foods and fried foods)
- ⊗ Sugar (packaged snacks, breads, condiments, canned items, cereal, sodas)
- ⊗ Antibiotics

Prebiotic foods serves as a '**feed**' for probiotic bacteria (commensal bacteria) and assists in the proliferation of them within the gastrointestinal lining. *Prebiotic foods has been marked (p) on the previous page.*

Probiotic foods that are usually derived from a fermentation process (cultured food) and **contain various strains of probiotics** that may be beneficial for you. **The following foods are known to be probiotic.** Your practitioner may recommend them if you have achieved an optimal state of GIT integrity in your protocol. If probiotics are included in your diet too early during a dysregulated phase, you may experience discomfort, pain, loose stools and gastric spasms. *Links have been included to learn more about it and get recipes on how to make it.*

- ☐ [Milk kefir](#) (ki-fear) [or store bought](#)
- ☐ [Sauerkraut](#) (bought refrigerated)
- ☐ [Kimchi](#)
- ☐ [Water kefir](#)
- ☐ [Traditional buttermilk](#)

Example meals and snacks to navigate you on healthy options:

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Farmer's Market Frittata	Simple Savory Chicken Patties	Smoked Salmon Low Carb Bagels	Dr Brukner's Muesli with yoghurt	Veggie Muffins
SNACKS	Overnight Chocolate Chia Seed Pudding	Berries & Cream Smoothie	Simple Fennel Citrus Salad	Marinated olives	Greek yoghurt with blackberries
LUNCH	Warm Veggie Salad with almonds	Buddha Boost Bowl	Broccoli Cheese Soup	Scrambled eggs with Salmon & Avo	Garden Pesto Chicken 'Pasta'
SNACKS	Chocolate bark	Easy Date Protein Balls	Hummus with celery & carrot sticks	Roasted nuts	Chocolate bark
DINNER	Miso-glazed salmon & veggies	Baked Chicken Drumsticks	Saucy Moroccan Lamb	Zippy Zoodle Bolognese	One-Pan Beef & Broccoli

An example of a 'Health bowl' (modified version of a Buddha bowl)

How to create a simple and easy "Health Bowl"



When choosing your various foods, please try and buy organic for your fruit and vegetables and pasture fed for your animal proteins, where possible

PERSONALISED PRESCRIPTION PLANNER

ACCORDING TO YOUR HEALTH GOALS

The following products have been chosen by your practitioner to assist you with achieving your health goals. This prescription has been prepared on: **11 May 2023** and will be assessed at your follow-up consultation in 4-6 weeks' time **Saturday, 24 June 2023** (recommended).

Product	Rationale & Comments
Integra Nutritionals GeneActiv Formulation D (GFD) Protocol: Week 1: 1 capsule per day Week 2: 2 capsules per day – 12 hours apart Week 3: 2 capsules twice per day.	<ul style="list-style-type: none"> ♥ Activating key enzymes that support liver health and remove cellular wastes. ♥ Supporting cellular defences within the body. ♥ Reducing cellular oxidative damage. ♥ Supporting cellular antioxidant enzyme defences. ♥ Restores GIT integrity. <p>Consume GFD 15 minutes before food OR 2 hours after food for optimal bioavailability.</p>
Integra Nutritionals BCP – B (Bone Health)	<ul style="list-style-type: none"> ♥ Improve mucous membrane to support cellular defences. ♥ Support GIT integrity ♥ Nutrigenomically stimulates bone osteoblasts in increasing the extracellular matrix.

END OF REPORT