

Sample Client

Naturopathic Protocol for Sample Client

Prepared by	Cassandra Duffill, Qualified Naturopath & Metabolic Balance Coach on May 11, 2021
Start date	May 11, 2021
Duration	4 weeks

Focus

Naturopathic Treatment Protocol

Naturopathic Prescription

Today we saw the following changes:

- gut health has decreased - inflammation in the gut wall lining, distended gut wall
- adrenals have reduced a little, we will work on this
- liver metabolites were obvious in the lower gut

Based upon your current state of health and our health goals, our therapeutic aims are:

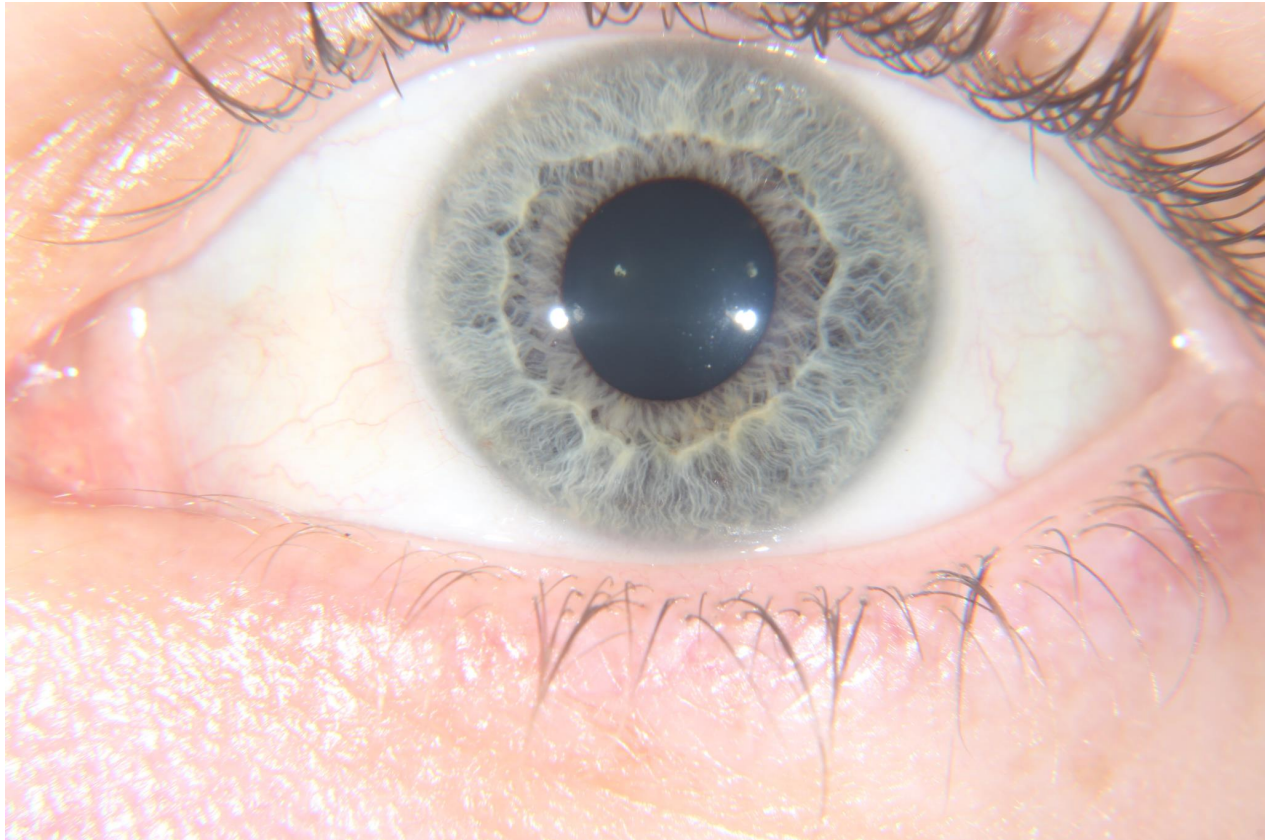
- continue adrenal work
 - continue to improve energy and stamina
 - the reduction in wellness is most likely attributed to the lymphatic release
 - continue to downregulate oestrogen levels
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Iridology Review:

Reviewing your iridology / iris today the following elements were noted:

- see the images below
- gut inflammation

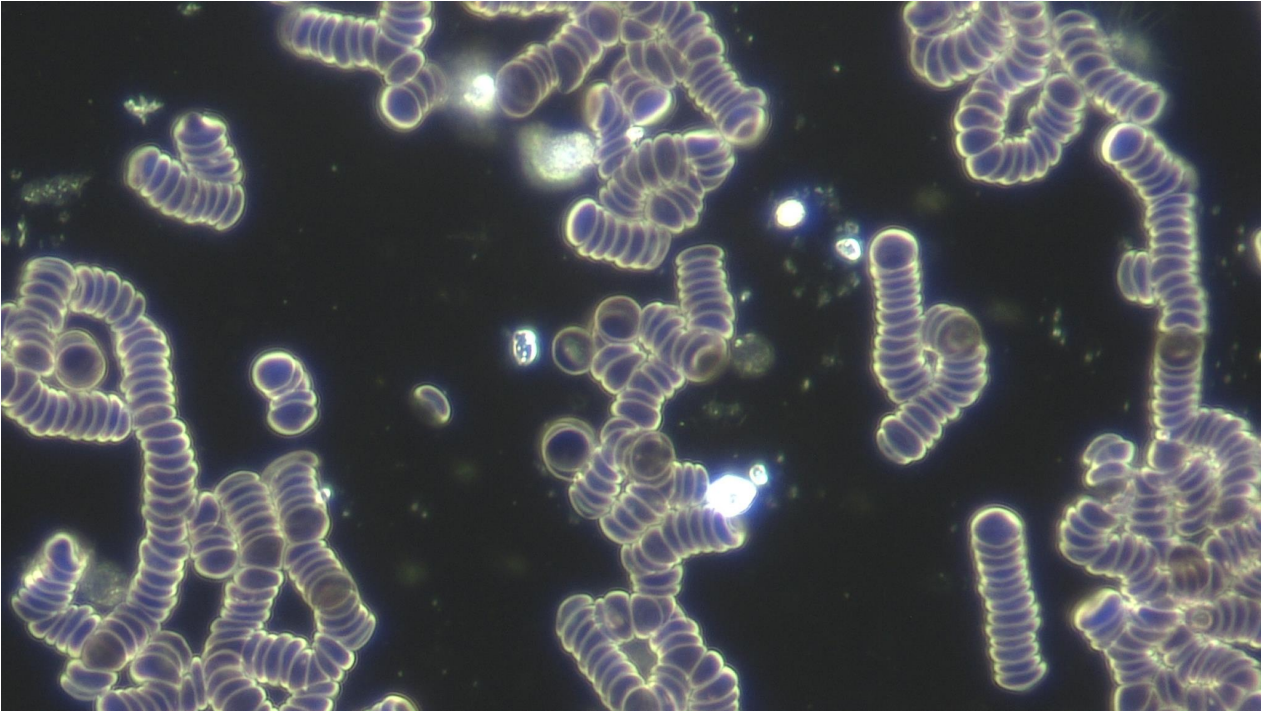
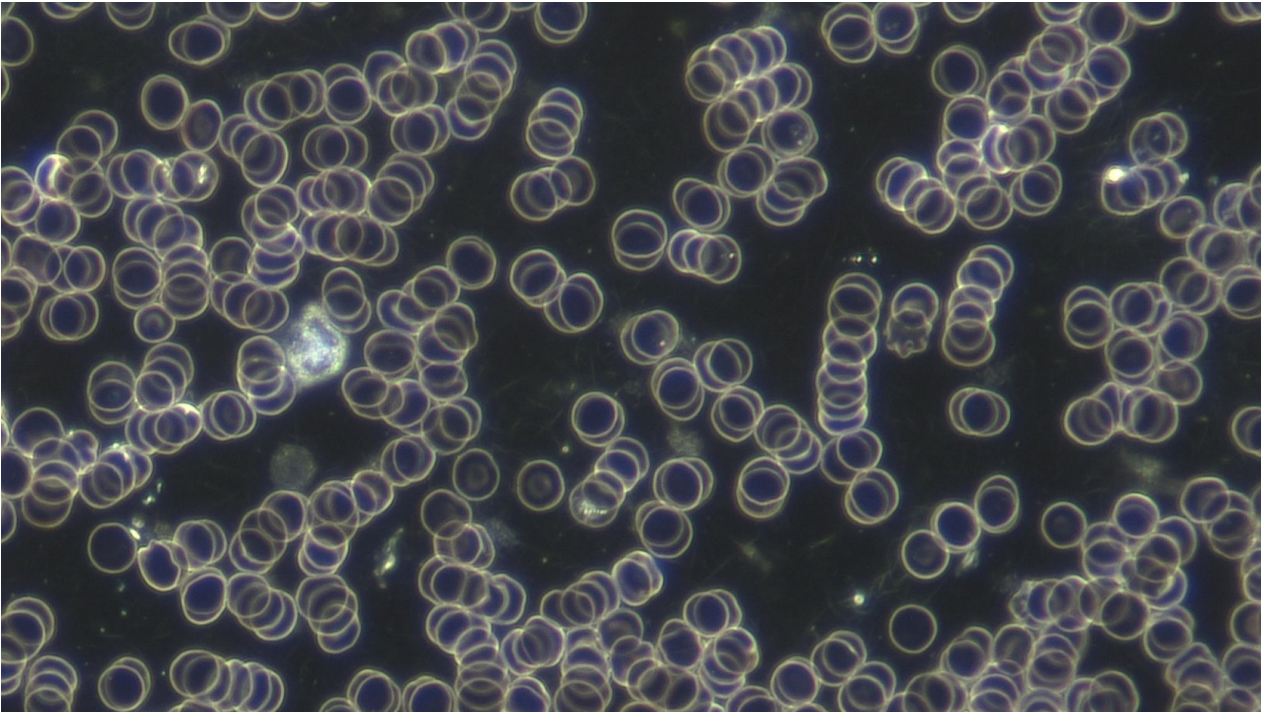
- leaky gut junctions active

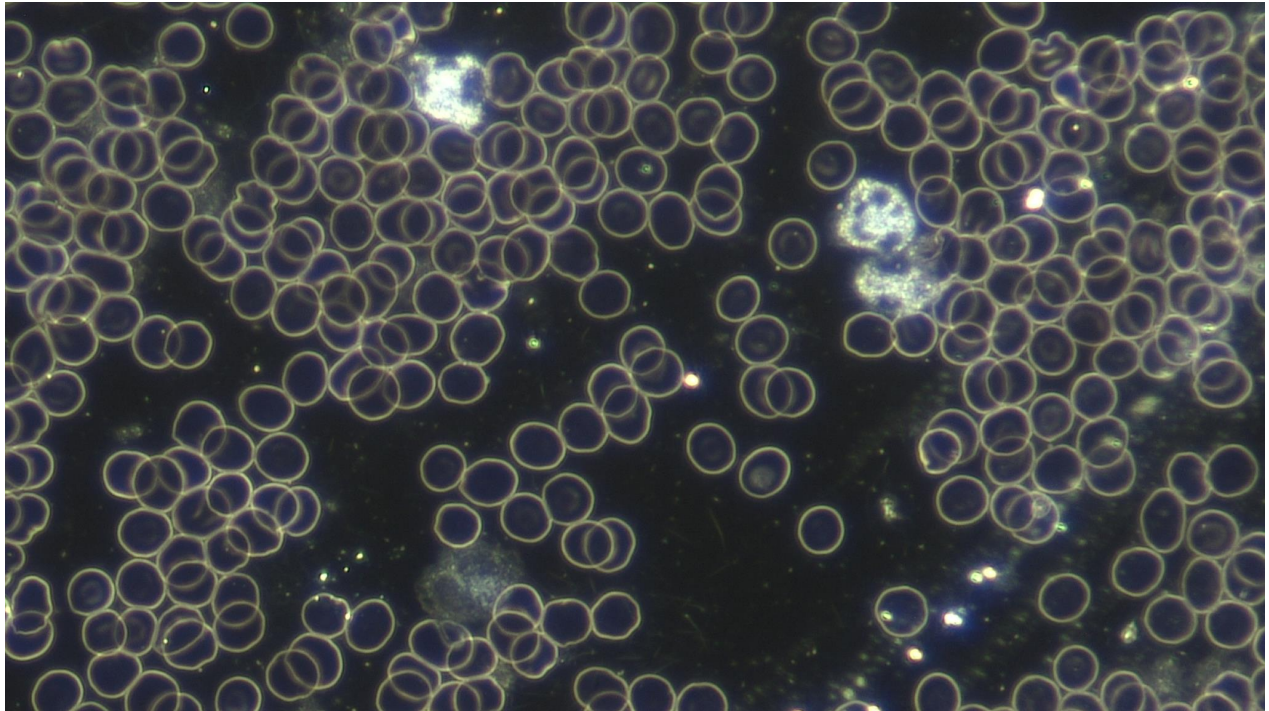


Live Blood Screening Review:

Reviewing your live blood screening today the following elements were noted:

- we saw liver metabolites in the plasma
- increased pathogens (parasites notable)
- many new immune cells active (recent exposure)





Herbal Medicine

- Custom blended herbal medicine will be supplied for you, please take with food as detailed.
Options - take 5ml per dose, three times per day with meals OR 7.5ml per dose taken twice per day with meals. Ensure taken with food.

Follow this protocol for the next 4 weeks. During that time if you need assistance you can contact me via:

- mobile xxx xxx xxx
- email xxx@xxx.com.au
- via the secure message platform in the booking portal

Food Recommendations

Foods to Include

Water Intake

Include — Increase water for lymphatic flush

Aim for 2.5 to 3 L per day

Juice Fast

Include — Juice fast for liver support

For the next 3 days complete a juice fast. Fresh juices 3 times per day, ratio 3:1 veg:fruit.

Supplements

Herbal 500ml Custom Blend

Health Haven

5 ml / With breakfast; With lunch; With dinner / 4 weeks

Lymphodran 60t

orthoplex

1 tablet / With breakfast; With dinner

Glutathione 250mg 30c

Metagenics 250mg 30c

2 tablets / With breakfast

PEA (Palmitoylethanolamide) 50g

BioMedica

1 scoop / With breakfast; With dinner

Lifestyle Recommendations

Dry skin brush daily before shower.

For lymphatic support. Brush in circles toward the heart with the gloves & cream provided.

Get to bed by 10 pm.

Getting to bed early can help you catch up on ZZZs. Each hour slept before midnight is like sleeping 2 hours!

Keep a daily gratitude journal.

Keeping a daily log of things you are grateful for is a great way to reconnect and put reality into perspective. This helps you focus on what really matters. Re-read past entries weekly and any time you're feeling a little blue.

Disclaimer

CONSULTATIONS & CANCELLATION POLICY:

- All consultations are to be paid at the time of booking to confirm your consultation time.
- Consultations without confirmation of your attendance, either by message or by payment of the consultation fee in full, may result in the booking being cancelled and the spot being made available to others.

CANCELLATION POLICY:

- Health Haven requires 24hours notice for cancellations & reschedules. You receive a reminder email and a reminder text via the system (please ensure your details are correct to receive these messages). If you need to change your consultation, please do so before or when you receive these messages. The system tracks positive delivery of reminders so we can ensure you are receiving them.
- No-shows are subject to cancellation fees also. A no-show is a non arrival to your in-person consultation, or failure to take the call for telehealth consultations.

CANCELLATION FEES:

- In the event of a last minute cancellation/reschedule or no show, you are charged 100% of the consultation fee. We have reserved that time for you and a last minute cancellation or your failure to arrive for the appointment, makes it impossible for us to use that space for another client.

CANCELLATIONS WITH ADEQUATE NOTICE (24HRS+)

- Any consultations fees paid are refunded to you (the system takes 3-5 working days to refund) excluding a 5.5% transaction fee (this is the fee we are charged, in the event you require a refund, we pass this fee onto you).

RESCHEDULES FOR PAID CONSULTATIONS

- we can easily reschedule your appointment and your payment stays allocated to your booking.

CHANGE TO DELIVERY OF CONSULTATION

- you are welcome to change between in-person & telehealth consultations, given we receive at least 24hours notice of this change (this is simply to allow time for the telehealth link to be created for your booking).

For a full copy of the terms & conditions please visit the website here -

<https://www.healthhaven.com.au/privacy-policy-2/>

Supplement Chart

Supplement	Upon rising	With breakfast	Mid-morning	With lunch	Mid-afternoon	With dinner	After dinner	Before bed
Herbal 500ml Custom Blend Health Haven		5 ml		5 ml		5 ml		
Lymphodran 60t orthoplex		1 tablet				1 tablet		
Glutathione 250mg 30c Metagenics 250mg 30c		2 tablets						
PEA (Palmitoylethanolamide) 50g BioMedica		1 scoop				1 scoop		