



NATMED

INTEGRATED MEDICINE CLINIC

CELEBRATING 20 YEARS
EMPOWERING YOU TO
CREATE HEALTH.



FOUNDATIONAL HEALTH PROGRAM

SAMPLE REPORT



YOUR RESULTS

Human beings are the most exquisite example of biological engineering on the planet. When you get your health checked with a GP you will generally be looking for anything pathological but when we test we are looking for parameters of health.

How Healthy are You?

You are about to find out. Through rigorous testing we piece the clues together and discern how your symptoms developed. This enables us to map your journey back to health and then help you keep it for life.

Read ahead to discover what is happening within your own body, how this relates to your health goals, and how this information will be used to carve your path forward to optimum wellbeing.



BLOOD MICROSCOPY



Live Blood microscopy is a lost art and one that presents an opportunity to have a deeper look at what might be going on in real time.

Now when you get a full blood count it is all done by computer which means that a lot of the information is missed.

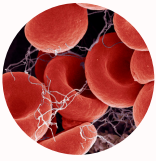
We were taught blood microscopy by pathologists who are degree trained in microscopy.

Looking at your blood through a microscope enables us to identify markers for inflammation, anemia, low B12 and low omega 3 levels. As we retest your blood in clinic on your return visits, you will see visible and identifiable signs of improvement. For example if your B12 levels are sub optimal, you will see markers called macrocytes improve as your B12 levels improve.

YOUR RESULTS

POSITIVE RESULTS ARE CHECKED

Fibrin

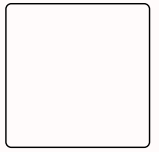


Fibrin is a natural clotting factor however if it is diffuse and onsets in less than 3 minutes then it can indicate that you are deficient in magnesium.

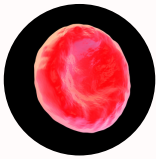
BEFORE



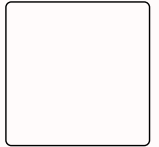
AFTER



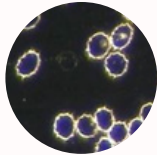
Macrocytes



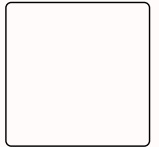
Macrocytes: Large Cells are expanding to potentiate haemoglobin binding and can indicate deficiency of Folate or B 12. Check for raised mean cell vol in your full blood count



Echinocytes



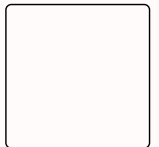
This is where the cells are jagged and irregular. It is an indication of oxidative stress. This indicates that your nutrition is not keeping up with lifestyle. It indicates a need for antioxidants from supplements or diet.



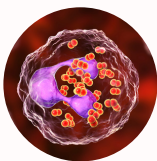
Microcytes



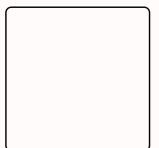
Small red cells may be haemoglobin deficient, indicating iron deficiency or microcytic anaemia. Check for low mean cell volume in your full blood count.



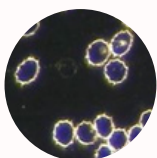
Phagocytes



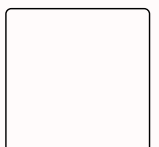
A type of cell within the body capable of engulfing and absorbing bacteria and other small cells and particles. If you see a lot of phagocytes it is because the immune system is busy 'cleaning' up & ideally you want to see this resolve. It often indicates a need for probiotics.



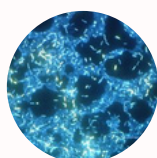
Rouleaux



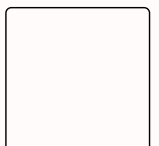
Cells are stuck together rather than floating in singular fashion. Overall it indicates increased viscosity of the cell membrane which may increase blood pressure and is a sign of omega 3 deficiency or lack of movement.



BioFilm



Biofilms are clusters of bacterial cells enclosed in a self-produced polymer matrix that are attached to a surface. Biofilm formation can increase the resistance of bacteria to antibiotics, disinfectants and host immune response.



YOUR METABOLIC ANALYSIS

Your body shape and where you store excess weight can have a pronounced influence on your health. Body composition impacts your risk of developing diseases such as Type II diabetes, heart disease, sleep disorders, metabolic syndrome and some cancers. Excess weight around the waist termed visceral fat, has a strong association with increased health risks.

Muscle Mass

Muscle is the body's Number 1 anti-ageing tissue, meaning it is important to maintain & build this body tissue to keep us younger and healthier into later life. Increasing muscle mass also boosts metabolism and bone density.

Fat Mass

This reading indicates the overall volume of fat within your body. Excess fat mass can be a sign of insulin resistance and contribute to cardiovascular strain, amongst other health risks. 1 kg of muscle is smaller in volume than 1 kg of fat mass. As you lose fat and gain muscle you may not notice a difference on the scales, but you should notice it in your body shape and size.

Intracellular Fluid

The intracellular fluid is found within the cell and a higher reading (50-60%) indicates better health. Possible causes of low intracellular fluid include low magnesium levels, essential fatty acid deficiency, inflammation, dehydration and stress

Extracellular Fluid

Extracellular fluid is the sodium rich fluid found outside the cell. A reference range outside of 40-50% can indicate excess fluid outside the cell, which may be caused by high levels of toxins, metabolic wastes or infection.

YOUR RESULTS

BEFORE

Your Ideal Weight 70-75 kg

Your Weight 88.80 kg

Total Fat 47.50 kg
Ideal 16.44 kg
Difference -31.06 kg

Total Muscle 17.06 kg
Ideal 20.98 kg
Difference +3.91 kg

Intracelluar
Actual 41.14 %
Ideal 50 - 60 %

Extracellular
Actual 58.86 %
Ideal 40 - 50 %

AFTER

Your Ideal Weight 00 kg

Your Weight 00 kg

Total Fat 00 kg
Ideal 00 kg
Difference 00 kg

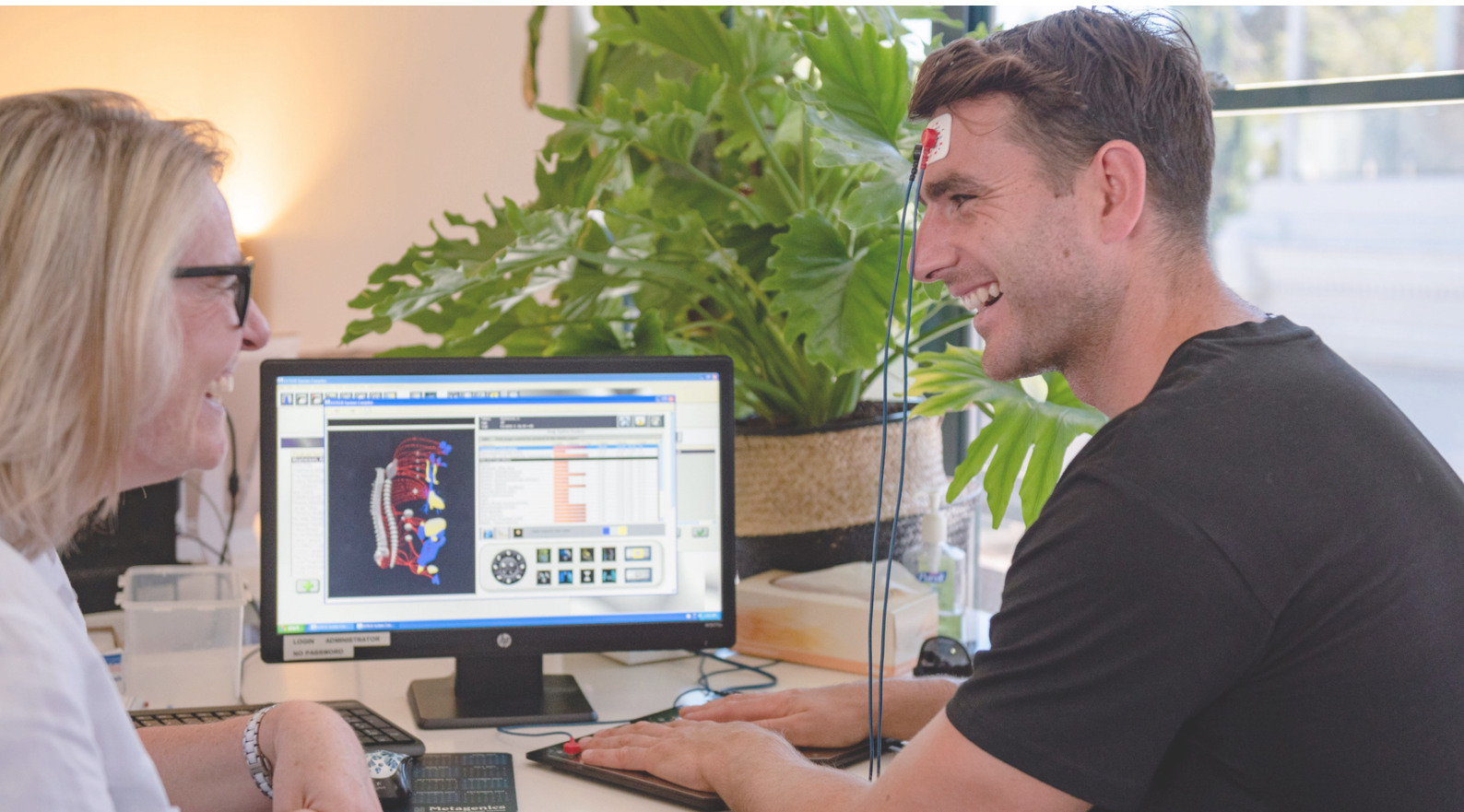
Total Muscle 00 kg
Ideal 00 kg
Difference 00 kg

Intracelluar
Actual 00 %
Ideal 50 - 60 %

Extracellular
Actual 00 %
Ideal 40 - 50 %



ESTECK BIO IMPEDENCE SCAN



The ESTECK is an electrical interstitial scan. Three very low voltage impulses are passed through 21 segments or cross sections of the body across 6 electrodes. These impulses refract as they travel through your body. The refraction angle is gathered using a cotterill equation to give a value for ATP. ATP or Adenosine tri phosphate is the energy produced by cells. Your ESTECK looks for low & high ATP readings as an indication for low function or inflammation of a system or organ in the body.

The ESTECK was developed by Dr. Albert Maaerk who is a pioneer in the development of Galvanic Skin Response (GSR) devices and inventor of the LD Technology products.

YOUR RESULTS

Areas of high ATP

May indicate inflammation or hyper function

Your esteck showed raised ATP in the following areas:

BEFORE

- COLON
- PANCREAS
- SYMPATHETIC DOMINANCE
- BLADDER & UTERUS

AFTER



Areas of low ATP

May indicate low function

Your esteck showed low ATP in the following areas:

BEFORE

- BRAIN TIRED & EXHAUSTED
- LOW NEUROTRANSMITTER
LEVELS
- THYROID SLUGGISH

AFTER



MAGNAGRAPH

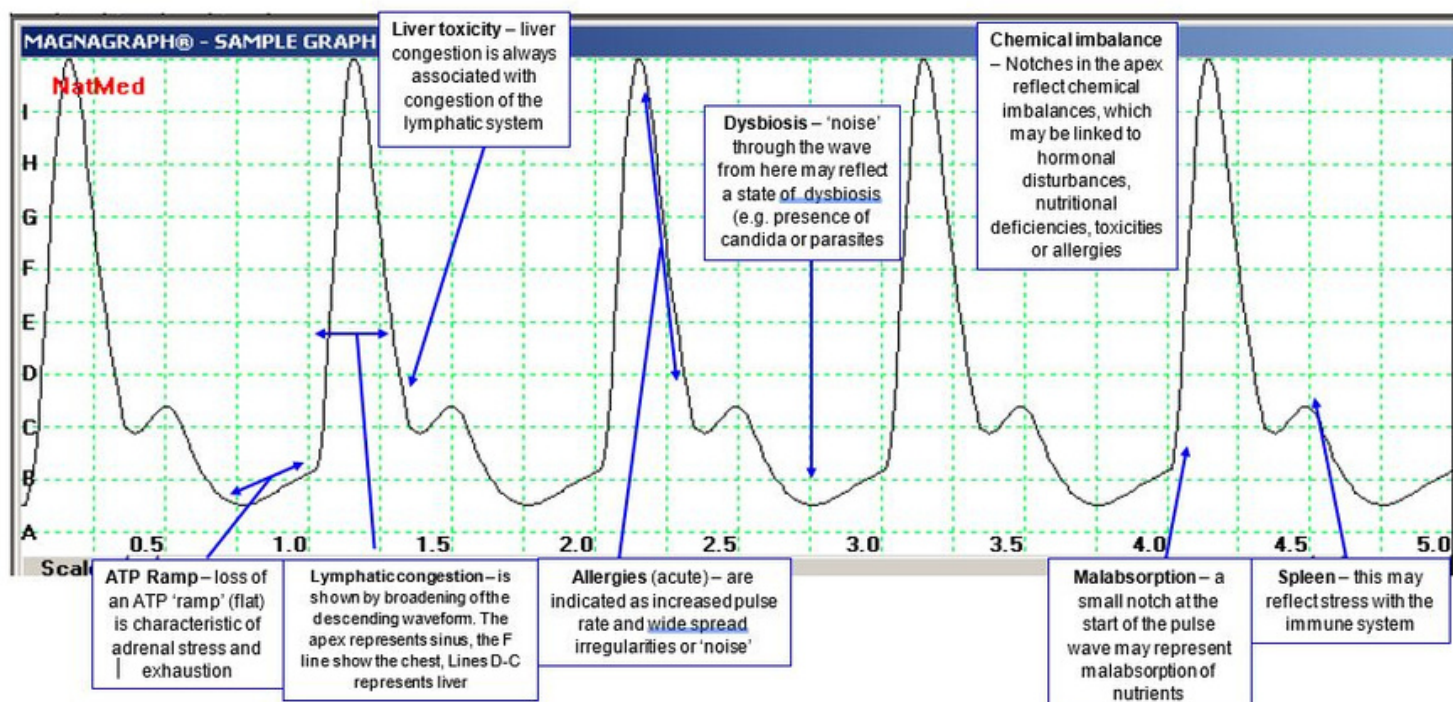
The magnagraph is not a TGA registered diagnostic screen. It was developed Dr Bob Grace using pulse oximeter technology. Dr Grace developed the indications based on anecdotal data from several specialist's clinical experience.

If we had to go out into the desert with one piece of equipment other than blood pressure and a stethoscope, the magnagraph would be our choice. It gives us consistent results that enable appropriate navigation of patient care. This enables us to focus on your priority needs, choose the right functional tests, such as stool microbiome testing and make sure that we have you on the right prescription.



The Magnagraph pulse oximeter

The magnagraph improves with each visit. It is a very useful real time tool that gives you and your practitioner useful biofeedback to assess your progress.



YOUR MAGNAGRAPH RESULTS

BEFORE

AFTER

Pay Attention

Pay Attention

Oxygen Saturation (o2 sat)

This can indicate issues with apnoea, pulmonary function, iron & B12.

Heart Rate

Heart rate & heart rate variability indicates fitness, age as well as sympathetic nervous system function.

ATP ramp

This is a measure of energy production. ATP stands for adenosine Tri Phosphate and is the energy molecule all cells produce to function. Low ATP in the cardiac system as shown in the Magnagraph, can indicate poor energy produciton in the rest of the body.

Spleen

If you have no notch on the ejection phase of the cardiac graph, it can indicate overall exhaustion and thus poor immunity as a result.

Lymph

The lymph is your waste removal system. Poor lymph drainage is quickly addressed with movement.

Allergies

Histamine can be seen on the graph where there is a lot of noise on the downward part of the apex

Liver

Excess Liver activity will show up as extreme noise throughout the ejection phase of the graph.

Dysbiosis

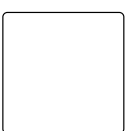
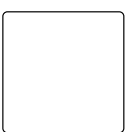
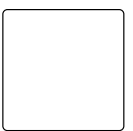
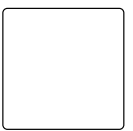
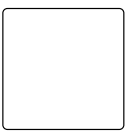
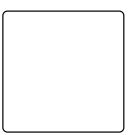
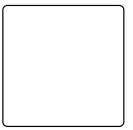
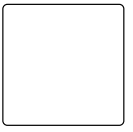
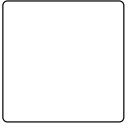
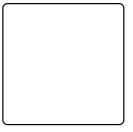
Mild noise through the ejection phase can indicate poor microbial balance in the GIT.

Malabsorption

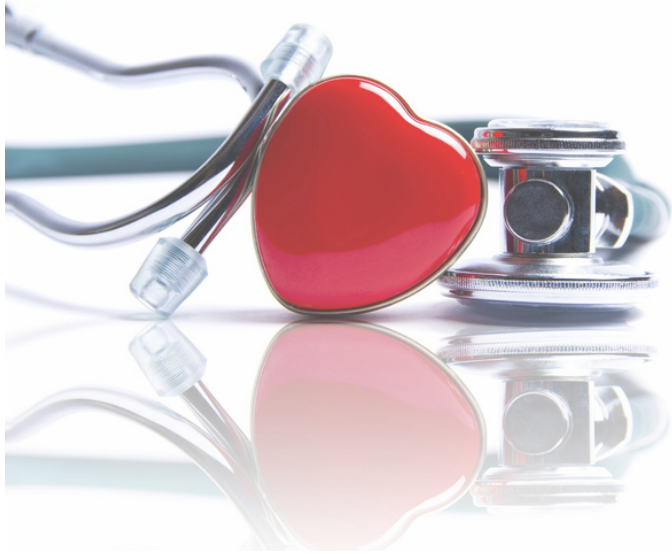
Where your digestive tract is not working to absorb all foods and nutrients.

Chemical imbalance

Where drugs or hormones are affecting your health detrimentally.



BLOOD PRESSURE



When people think of the body's circulatory system, the first thing that usually comes to mind is the heart. But the heart couldn't do its job without blood vessels – the vast system of elastic tubes made of muscle. This network of vessels carries blood to every part of your body, ensuring that your heart, lungs, and all vital organs get the oxygen and nutrients they need. **Blood pressure measures the pressure in this system.**

Though blood vessels are relatively small, the network is amazingly long. In fact, if they were laid out in a line, they would measure more than 96,560 kilometres in length. That's long enough to wrap around the globe. It takes a lot of looking after! Increased pressure is a major indicator that your circulatory engineering is under strain. When your blood pressure is elevated, taking blood pressure medications may be appropriate, however we prefer to discover the cause of your hypertension and try treating that first. It is a big system requiring lots of maintenance.

YOUR BLOOD PRESSURE RESULT

BEFORE 145 /73

IDEAL 120 /80

AFTER

Some causes of hypertension

- Blood viscosity or the blood being stickier can be increased due to inflammation, lack of exercise or a low omega 3 diet.
- Drops in estrogen during menopause, causes a loss of elasticity in the blood vessels.
- The formation of plaques which causes narrowing and loss in elasticity of the arteries thus reducing circulation which results in the heart pump having to work harder
- Stress can also cause an elevation in blood pressure with diaphragm breathing shown to decrease this.
- Obesity – for each extra kilogram of weight you gain you also have to grow extra blood vessels to nourish this extra fat.



HEAVY METAL TEST

If your urine is showing heavy metals then this is an important finding.

Heavy metals are stored by the body in tissues such as bone and fat .

Everyone has some presence of heavy metals in their system however excess levels can be sequestered into tissue to avoid serious problems such as brain damage.

If your heavy metals are being mobilizing and excreted into the urine it may indicate that you are particularly high in one or more heavy metals.

This may require us to do further testing such as DMSA chelation urine or hair analysis to determine accurate heavy metal levels in the body.

YOUR HEAVY METAL RESULT

Your Urine showed positive for

BEFORE

Copper

AFTER

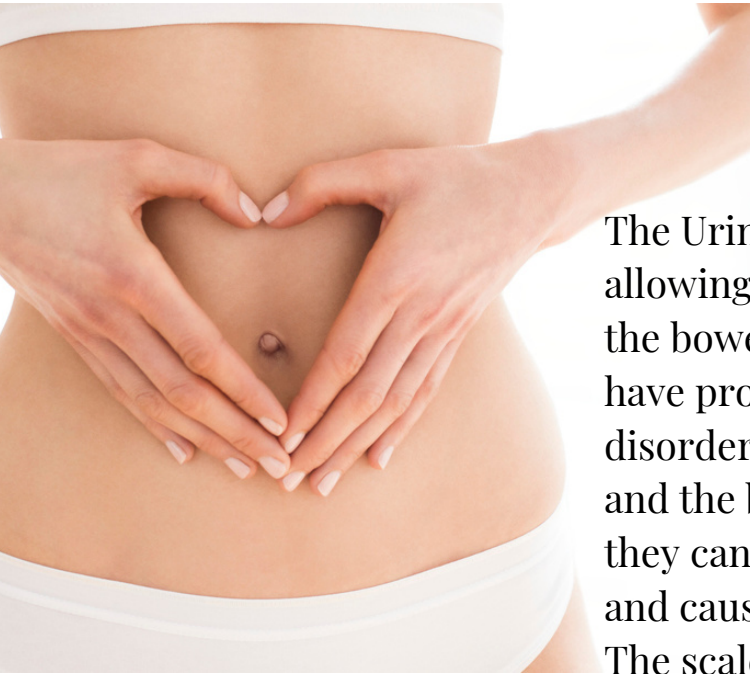


Before Detox



After Detox

If your urine showed positive for copper please bring in a sample of the water you drink as you may be getting too much copper from this. If you are concerned that heavy metals may be causing your symptoms please discuss this with your practitioner as we may need to do further investigations e.g. a biotoxin questionnaire



Indican Urine Test

The Urinary Indican Test is an accurate screening tool, allowing us to identify intestinal bacterial dysbiosis in the bowel. Our current dietary and lifestyle practices have promoted an increasing number of health disorders caused by a issues with our digestive tract and the bacteria that reside here. If these are dysbiotic they can produce toxicity that is harmful to the body and cause symptoms

The scale for measurement ranges from 0-4.

If the level is high (3 or 4) chances are you don't just suffer from dysbiosis but also leaky gut and increasing your risk for a potential auto immune disorder as well.

Your Urine Indican Test Result

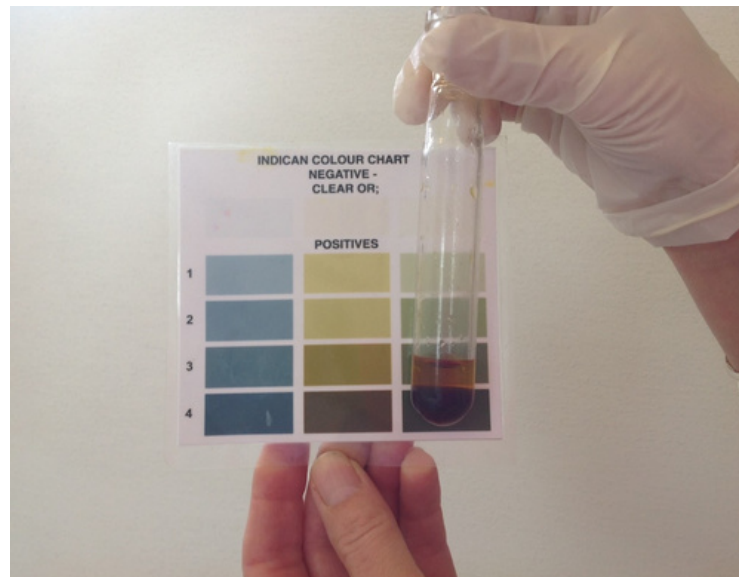
BEFORE 3 / 4

AFTER / 4

What causes the gut to be permeable?

Two known factors cause this: one is infection & the other is gluten. Certain gluten peptides formed during digestion stimulate a molecule called Zonulin.

Zonulin opens the 'gates' between your small intestinal cells that allows the gut to become more permeability



Individuals release Zonulin at varying rates in response to dietary gluten. For example, one person may have increased permeability to undigested food for a short period of time eg 10 minutes, whereas others may have ongoing increased permeability for weeks.



URINE DIP STICK TEST

The dipstick test we use is a thin plastic strip treated with chemicals. It is dipped into your urine, and the chemicals on the stick react and change colour. You have a cross if the levels are above normal.

YOUR URINALYSIS RESULTS

BEFORE

Pay Attention



Acidity, or pH. If the acid is above normal, you could have kidney stones, a urinary tract infection, or an acidic diet.

Protein can be a sign your kidneys are not working right. Your kidneys filter waste products out of the blood, and it needs this protein.

Glucose. A high sugar content can be a marker for diabetes.

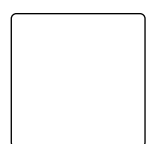
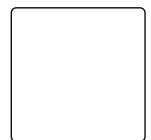
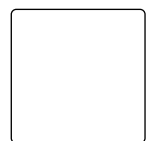
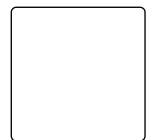
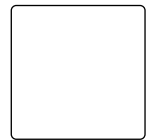
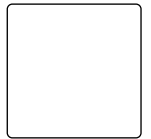
Leucocytes. These can be a sign of infection.

Bilirubin. If this waste product, which is normally eliminated by your liver, shows up, it may mean your liver isn't working properly.

Blood in your urine. Sometimes this is a sign of infection or certain illnesses.

AFTER

Pay Attention





Here is a summary of your
starting point for your journey.
Your symptoms and goals.



YOUR HEALTH GOALS

- Weight loss
- better health going into 60th birthday year

THESE ARE THE SYMPTOMS WE ARE TRACKING

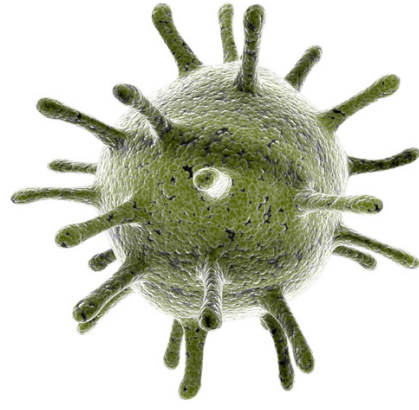
- weight - optimal weight is 70-75kgs
- occasional insomnia 2/30 days
- lung weakness due to pneumonia 10 yrs ago
- recent eye surgery to rectify lenses & contamination from African milk plant - AB use during this
- Stools - 1 motion daily BSC 3/4 can be constipated

In-House Testing what it all means in context of your health



- inflammation - excess fat mass , insulin
- imbalances in your fat to muscle mass (+ 16kgs fat mass)
- your cells are dehydrated both internally & externally
- your colon, pancreas, uterus & bladder are working too hard
- your nervous system is in sympathetic dominance (fight/flight/freeze mode), your brain is tired/wired & you have low neurotransmitters levels e.g. serotonin, dopamine, noradrenalin & adrenaline
- your thyroid is slowing down which will reduce metabolism contributing to weight gain
- your energy could be better, your system is congested & your immune system is being suppressed due to your more sympathetic dominant state
- you have leaky gut, there is some bacterial dysbiosis in your gut & you aren't absorbing your nutrients effectively
- you are consuming a more acidic diet

Your Pathology Results



Blood pathology

- Sub optimal B12 levels @ 357 (aim >600)
- elevated ESR @ 12 indicating that you have systemic inflammation (aim <5)
- Higher end insulin levels @ 9 indicating your are becoming insulin resistant (aim <6)
- Sub optimal Vit D levels @ 72 (aim >125)
- your total cholesterol levels are high but you have normal levels of LDL & higher levels of HDL which are the more beneficial cholesterol
- your glucose levels are currently within range but at the upper end

Synopsis

Your history, symptoms, in house tests and pathology screens give us clues and help me map your journey back to health.



Weight

Your body has a natural set point which is the weight it generally hovers on when you are feeling at your best. This is something that is naturally predetermined by your genetics and environment, way before you were born. Your set point can be altered over the course of your life due to over eating, poor nutrition, stress, inadequate sleep and a more sedentary lifestyle. This fools your body into thinking that your natural set point is higher than it actually is.

This makes losing weight harder over time, as your body defends this new set point due to changes in internal regulatory mechanisms which are responsible for your appetite control and energy expenditure.

Besides your set point there are also some physiological changes that are occurring that also hinder your weight loss. Some of your biochem and in house results indicate that you are starting to develop Insulin resistance & Metabolic syndrome.

Insulin resistance is when your cells become desensitized to the effects of insulin. When we eat carbohydrates they are converted into glucose by a complex metabolic process and then put back into the bloodstream. The glucose then passes through our cell membranes using insulin as the "key" so it can be converted into energy and utilized by the body.

Synopsis

Your history, symptoms, in house tests and pathology screens give us clues and help me map your journey back to health.



Insulin resistance however desensitizes the cell to insulin, preventing the glucose from entering the cells allowing it to remain in the bloodstream. This unused glucose is then carried to the liver & converted into fat which gets distributed around the body causing weight gain. Insulin resistance is a risk factor for Metabolic syndrome.

Metabolic syndrome is when you have a cluster of conditions occurring together that increases your risk of heart disease, stroke and diabetes. Currently you have 4 of these cluster conditions which increases your risk of developing these outcomes in longer term;

- central/abdominal obesity (a waist measurement of >80 cms)
- an elevated blood pressure level of 145/73
- a borderline elevated fasted insulin level @ 9
- a sub optimal diet of higher carbohydrate intake

In order to reverse this we need to look at your diet, eating behaviors and lifestyle habits, as well as support your body with the right nutrients to get it dealing with glucose properly to prevent further issues.

YOUR TREATMENT PLAN



Over the next 18 weeks I will be focusing on imparting tools, education, retesting and reviewing efficacy of your supplements. At the end of each consultation you will receive a new tool to add to your kit to enable you to stay well for life. This program is life changing and will give you the foundation for health you have been looking for.

The Plan

- Ketogenic diet for 16 weeks - ensuring there is adequate calories to promote weight loss & satiety
- Address dietary & psychological barriers to weight loss
- Add more clean carbs eg non starchy veg, nuts, seeds and low sugar berries into the diet
- Regulate insulin pathways
- Build structured exercise into your daily routine -
- Promote regular daily well formed stools
- Support stress levels

Therapeutic Support

At NatMed we use evidence based medicines of pharmaceutical grade. That way when we prescribe we know it works.



- Keto shakes - low carbohydrate protein powder with MCTs to stabilize blood sugar levels & encourage ketone production
- KetoActiv BHB - ketone salts to promote nutritional ketosis
- Curcumin - anti-inflammatory agent to reduce inflammation levels & increase weight loss
- B12 spray - replete sub optimal levels
- Vit D liquid - replete sub optimal levels

Diet & Lifestyle



- Ketogenic diet - using Phase in approach over 4 weeks
- Resting Energy Expenditure (REE) = 1593 calories
- Total Daily Energy Expenditure (TDEE) $1593 \times 1.3 = 2070.9$ calories
- Macronutrient amounts - each gram of protein & carbs contains 4 calories (16.7kJ) & Fat contains 9 calories per gram (37.6kJ)
 - protein = $30/100 \times \text{TDEE} = 621.27\%$ daily calories from protein (= 155.3gms protein per day)
 - Carbs = 200 calories (50gms carbs)
- Ensure adequate hydration - 2+ltrs of water per day
- measure urinary ketones - same time each day eg mid morning
- eating behaviours - strategies for eating out & business meetings
- structured exercise schedule - Aim is to work up to >15,000 steps per day
- journaling diet & exercise levels to build accountability
- stress management/busyness



Jacky Dixon
Naturopath

YOUR 3 STAGE WELLNESS JOURNEY

Empowering you to create health one step at a time.

1 *Discern: How did I get here?*

Most of this work is done however we may need to do more tests to further discern the causal factors of your health issues as the changes to lifestyle & nutrition prove up over time.

2 *Resolve: Building your foundation*

To reach a good level of foundational health usually takes three months. During this time there are new skills & habits you will form to enable you to 'graduate' & move to maintenance. With focus on your goals, you will build a strong foundation of health during this time. Some in house tests will be repeated at each visit. All tests are repeated in 3 months to assess your progress.

3 *Maintain: Enjoying health for life*

You have achieved a strong foundation for your health. You now understand how your body goes off course & have skills to re calibrate. The challenge now is keeping up with all your good habits. To help you stay on track I will usually see you once every three months or to do the in house tests, do a yearly detox, re check your regular bloods via a big annual health check & revisit your nutrition, lifestyle & diet needs.

Getting support

Email:	info@natmed.com.au	For complex questions
Text:	0488 854 005	For quick questions or to order product
Ph:	08 9339 1999	To make or change appointments

We're here to help

Please understand I can't make phone calls or answer emails when I am consulting. You may have questions that need urgent answers. In this instance, please contact my team. I can usually advise them how to help you however sometimes you will need to speak to me. In this instance, please book a video or telephone consultation. Complex email questions can be sent prior to your consultation but I can only respond in person due to my schedule.

We are a team and I will do all I can to help you reach your health goals!

If you need to change your appointment I ask that you give me 48 hours notice so that I can offer the time to someone else. This really helps me run my practice.

Sometimes a booking will run overtime due to urgent patient needs. Unfortunately this cannot be helped. If you are on a tight schedule, please ask my team if I am running on time via text before you leave for the clinic.

If you need to reschedule in this instance, I completely understand. If this happens whilst you are waiting for me, I will come out at the scheduled consultation time and advise you. Thank you for your understanding.

Yours In Good Health.



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INTEGRATED MEDICINE CLINIC

CELEBRATING 20 YEARS
EMPOWERING YOU TO
CREATE HEALTH.



NUTRITION & FOOD COACHING REPORT

SAMPLE

Nutrition & Food Coaching Sample



Week 1:

Prep some paleo meatballs for simple lunches. Keep some in the fridge and freeze the rest.

Prepare 2 x Butter chicken recipe; for Monday and Friday night (freeze).

MONDAY

- Veggie Scramble
- Paleo meatballs plus coleslaw (premade bag from Coles or Woolworths)
- Berry Protein shake with almond milk
- Butter chicken curry (put aside serve for lunch)

TUESDAY

- Veggie Scramble
- Leftover butter chicken
- 1/2 cup of Nut & seed mix
- 3 x Herbed chicken patties & steamed Broccoli and green beans (set aside 3 patties and veggies for lunch)

WEDNESDAY

- Fried eggs with guacamole
- 2x Leftover herbed patties plus vegetables
- 1/2 cup of Coconut yoghurt with berries
- Crumbed 150g fish with roasted veggies

THURSDAY

- Coconut yoghurt bowl
- Paleo meatballs (defrost) plus coleslaw (premade bag from Coles or Woolworths)
- 1/2 cup of Nut & seed mix
- Cauliflower mash with 150g grilled chicken, steak or fish (put aside serve for lunch)

FRIDAY

- Coconut yoghurt bowl
- Leftover cauliflower mash and meat
- Berry Protein shake with almond milk
- Butter chicken (put aside serve for lunch)

SATURDAY

- Cooked breaky
- Leftover butter chicken
- 1/2 cup of Coconut yoghurt with berries
- Vietnamese chicken lettuce cups

SUNDAY

- Cooked breaky
- JSHealth chop salad bowl with paleo meatballs (defrost, heat up and set aside extra for Monday lunch)
- Berry Protein shake with almond milk
- Pan fried 150g fish (1 large fillet or 2 small), steamed broccoli & kale



We are what we eat!

AUTOIMMUNE PALEO PROTOCOL

Week 2:

Prepare 2x Paleo shepards Pie; one for Monday night and Friday night (freeze)

MONDAY

- Fried eggs with guacamole
- JSHealth bowl (extra from yesterday) with paleo meatballs (defrost)
- Choc Protein shake with almond milk
- Paleo Shepards Pie (put aside serve for lunch)

TUESDAY

- Veggie Scramble or cook as an omelette
- Leftover paleo shepards pie
- Handful of fresh berries & roast almonds
- Spaghetti bolognese (put aside serve for lunch)

WEDNESDAY

- Fried eggs with guacamole
- Leftover spaghetti bolognese
- Choc Protein shake with almond milk
- Crumbed fish with roasted veggies

THURSDAY

- Coconut yoghurt bowl
- JSHealth bowl with paleo meatballs (defrost)
- Boiled egg x2
- Cauliflower mash with 150g grilled chicken, steak or fish (put aside serve for lunch)

FRIDAY

- Coconut yoghurt bowl
- Leftover cauliflower mash and meat
- Boiled egg x2
- Paleo Shepards Pie (put aside serve for lunch)

SATURDAY

- Cooked breaky
- Leftover paleo shepards pie
- Handful of berries with roast almonds
- Mexican bowls

SUNDAY

- Cooked breaky
- Leftover mexican bowls
- Choc Protein shake with almond milk
- Pan fried 150g fish (1 large fillet or 2 small), steamed broccoli & kale



Breakfast recipes

AUTOIMMUNE PALEO PROTOCOL

Veggie scramble:

Makes 1 serve

Ingredients:;

2 eggs, whisked

2 Tbsp of almond/coconut milk

1 tsp of olive oil

5 cherry tomatoes, chopped or 1/4 zucchini grated

Handful of spinach

Opt: 1 rasher of bacon, diced

Pinch of salt and pepper

Coconut yoghurt bowl:

Makes 1 serve

Ingredients:;

1/2 cup of coconut yoghurt

Handful of nut & seed mix (see lunchbox)

Sprinkle of cinnamon

1 tsp of chocolate/vanilla protein powder

1 tsp of almond butter

Fried eggs & guacamole:

Makes 1 serve

Ingredients:;

2 eggs

1 tsp of olive/coconut oil

1/3 of an avocado

Juice of 1/4 of lime

Pinch of salt

Opt: Pinch of ground cumin or paprika

Sprinkle of chopped roasted almonds or seeds.

Method:

1. Heat a frypan on medium heat with olive oil.
2. Add the bacon if using and fry for 2 minutes.
3. Add in the tomatoes or zucchini and spinach, saute for 2 minutes.
4. Reduce heat to low. Pour in the egg on top, stirring to scramble.
5. Serve with salt and pepper on top.

Method:

1. Add the coconut yoghurt to a bowl. Add the protein powder and stir to mix through.
2. Add your handful of nut & seed mix and top with cinnamon, and almond butter.

Method:

1. Heat a frypan with oil. Crack the eggs into the pan and cook, flipping when half cooked through.
2. Meanwhile mash the avocado in a small bowl with the remaining ingredients.
3. Once the eggs are cooked, serve onto a plate and top with avocado and a sprinkle of chopped roasted almonds or seeds.



Dinner recipes

AUTOIMMUNE PALEO PROTOCOL

Herbed chicken patties:

Serves: 3

Ingredients:

750g chicken mince
2 tsp oregano
3 tsp fresh ginger
1 Tbsp apple cider vinegar (any vinegar)
1 Tbsp of fennel seeds
1 egg white
Zest of 1 lemon
1 tsp chilli flakes
3/4 tsp salt
1/2 tsp pepper
2 Tbsp olive oil

Method:

1. Put all ingredients except the oil into a medium bowl and using clean hands or a wooden spoon, mix and knead until well combined.
2. Shape into 8 patties or 16 meatballs. Place on a tray and cover and refrigerate for 20 minutes to set.
3. Heat 1 Tbsp of oil in a pan. Cook half the patties/meatballs turning frequently for 5-8 minutes until browned all over and cooked through. Repeat with remaining mixture.
4. Serve with a coleslaw or green salad



Dinner recipes

AUTOIMMUNE PALEO PROTOCOL

Spaghetti bolognaise:

Serves: 4

Ingredients:

1 onion, diced
2 stalk celery diced, finely
1 zucchini's, finely diced
2 tsp olive oil
2 large clove of garlic, diced
1kg grass fed beef mince
1 tub tomato paste
2 cans of diced tomatoes
2 teaspoon mixed Italian herbs
Salt and pepper
Fresh basil to garnish
1 zucchini for noodles

Method:

1. In a large casserole dish (with a lid) on medium heat, sauté onion, garlic, celery and zucchini in olive oil
2. Add mince cook for approximately 5 minutes, stirring occasionally until slightly browned
3. Add tomato paste and cook for a further minute or two
4. Add the canned tomatoes and season with salt, pepper and herbs
5. Simmer for about an hour with the lid on, check on the consistency every 10-15 minutes and stir, add a little water if necessary (I usually need to add approx 1/2 cup of water if simmered for an hour)
6. Just before serving stir through fresh basil
7. Serve on zucchini noodles and top with extra salt and pepper (Using a peeler, peel in a downwards motion along the zucchini to make ribbons and either lightly sautee in a pan for 2 minutes or poach briefly in boiling water to soften.



Snack recipes

AUTOIMMUNE PALEO PROTOCOL

Roasted nut & seed mix:

Ingredients

- 1 cup of almonds
- 1 cup of brazil nuts
- ¼ cup of sunflower/pumpkin seeds
- Handful of coconut flakes
- Handful of goji berries
- ¼ cup of chia seeds

Feel free to mix up the nuts and seeds!

Berry Protein shake:

Ingredients

- - Handful of frozen blueberries or raspberries
- - 1 heaped Tbsp of Vanilla protein powder
- - 1 cup of unsweetened almond milk
- - 1/2 cup of water

Opt - 1 handful of spinach

Creamy choc protein shake:

Ingredients

- - 1 heaped Tbsp of chocolate protein powder (or vanilla plus 1 tsp of cacao powder)
- - 1/4 of an avocado
- - 1 cup of almond milk
- - 1/3 cup of water
- - Opt: Handful of frozen zucchini

Method:

1. Preheat oven to 180 degrees.
2. Spread nuts, seeds & coconut flakes on lined baking tray. Bake for 10-15 minutes or until golden
3. Set aside to cool. Once cool pour into a bowl. Add the goji berries, chia seeds and stir. Store in sealed jar.

Method:

1. Add all of the ingredients to a blender and blitz under smooth and creamy.

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MICRONUTRIENT & MACRONUTRIENT REPORT

SAMPLE



NatMed Nutrition Coaching

Nutrition Analysis

DIETARY SUGGESTIONS TO OPTIMISE
NUTRITION

See attached pdf for your diet analysis

When analysing diet records, I mainly look at:

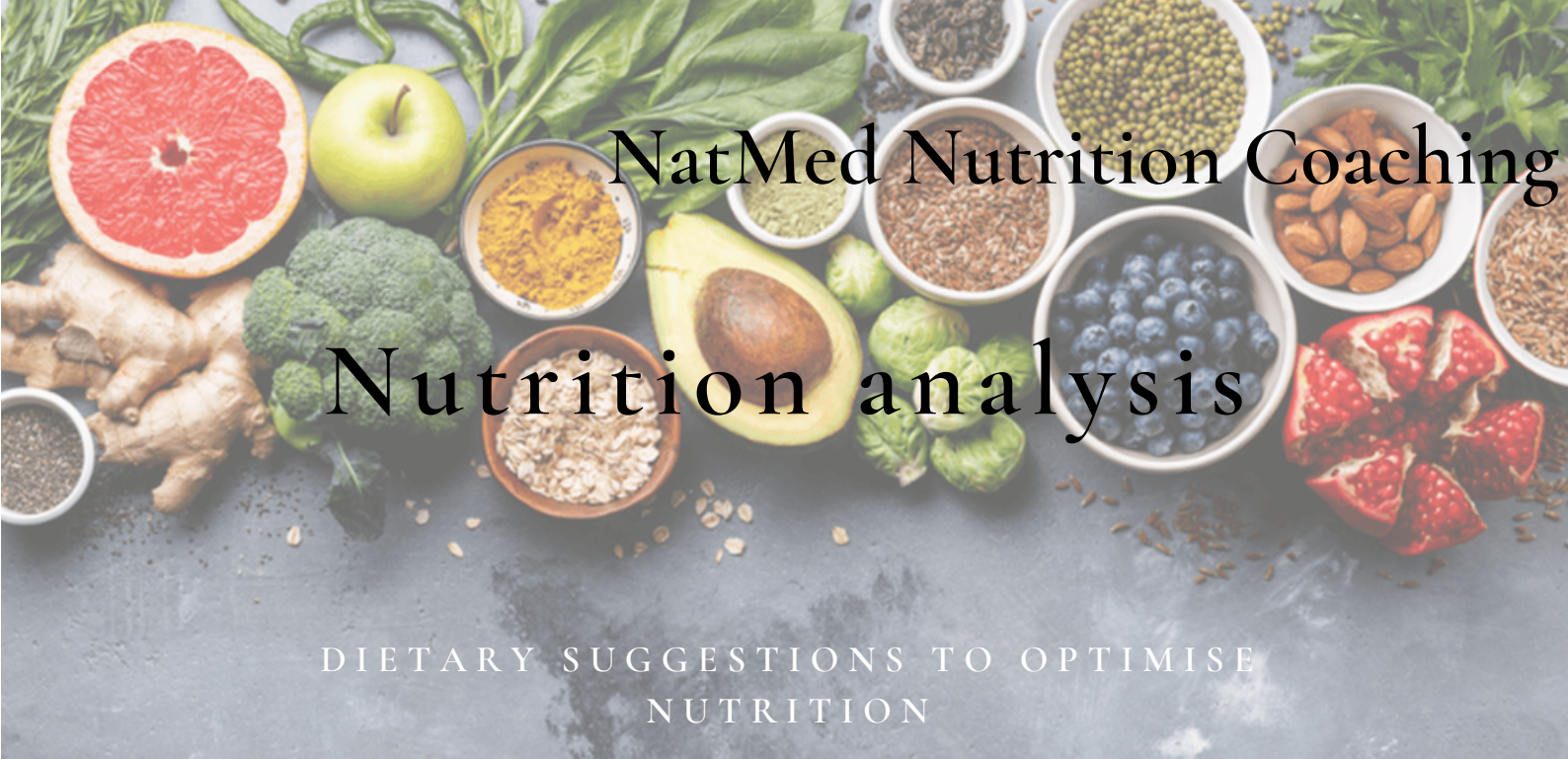
The RDI = % Recommended dietary intake &

The AMDR Max (Acceptable Macronutrient Distribution Range Maximum)
which gives a % of the ideal makeup for Carbohydrates, protein and fat.

The attached pdf provides data showing your average nutrient intake across a week.

The main factors I identified from your analysis are:

- Deficiencies in
 - Calcium (41% of RDI)
 - Magnesium (78% of RDI)
 - Vitamin A (63% of RDI) &
 - Fibre (28% of RDI)
- Excess intake of
 - Iron (271% of RDI)
 - Selenium (241% of RDI)
 - Protein (299% of RDI equivalent to 250g/day on average) &
 - Saturated fat (136% of RDI)



NatMed Nutrition Coaching

Nutrition analysis

DIETARY SUGGESTIONS TO OPTIMISE NUTRITION

Nutrient deficiencies:

CALCIUM:

Apart from cow's dairy products, calcium can be found in dark leafy greens e.g. kale, broccoli, spinach as well as cashews, seeds, tahini, salmon & sardines. Given the high amount of animal protein consumed increasing the acidity of the blood, this can cause calcium to be pulled from the bone stores in order to balance this out so an adequate amount is important for long term bone density.

MAGNESIUM:

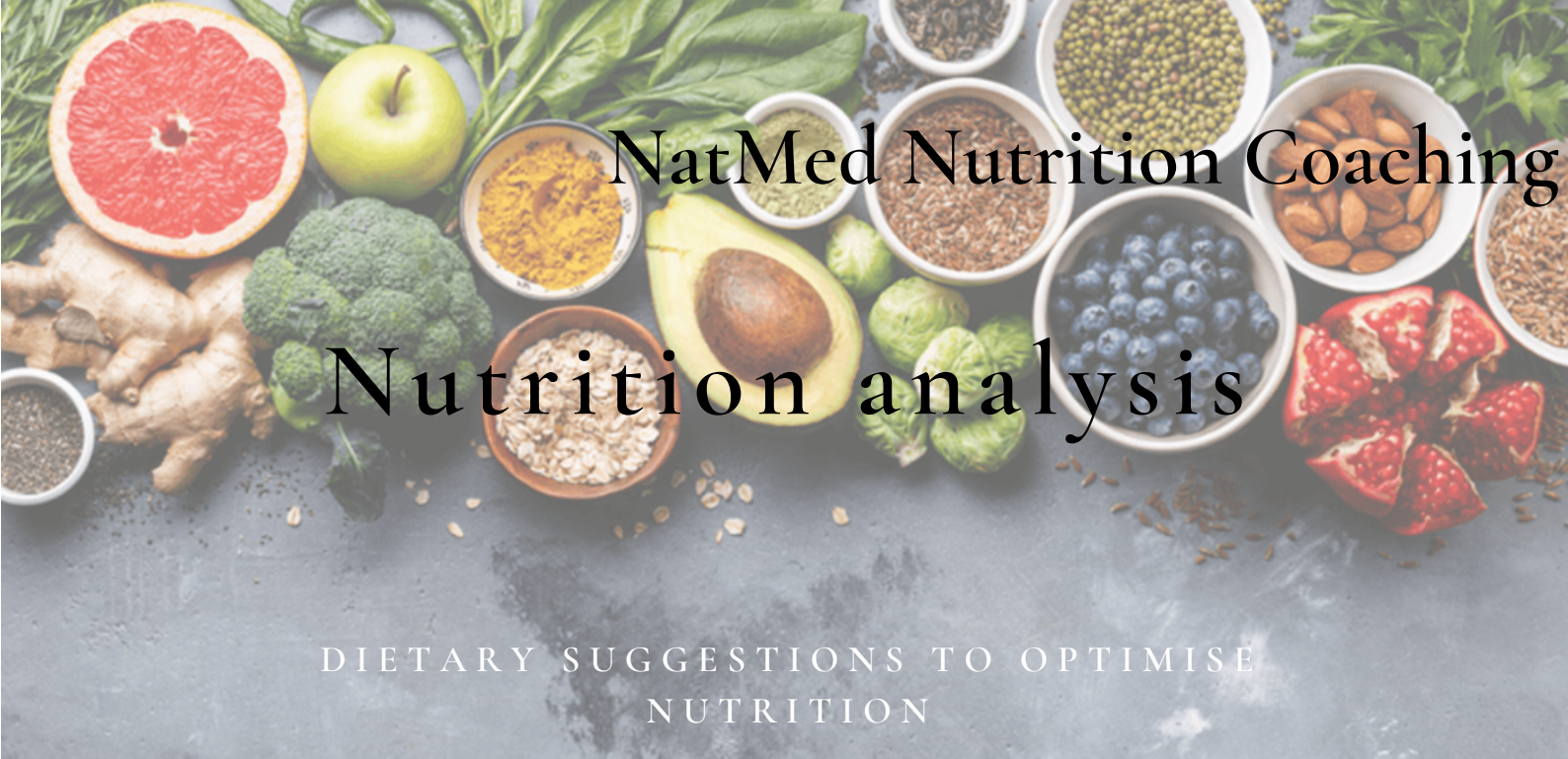
Magnesium is essential for the nervous system/reducing stress & tension, muscle repair & hormonal health. It is found in oily fish, leafy greens, almonds, bananas, cashews & legumes.

VITAMIN A:

Apart from animal products, vitamin A is high in foods with orange pigments such as pumpkin, sweet potato, carrots & also dark leafy greens.

FIBRE:

Adequate fibre intake is essential to maintain gut health as without it, the healthy bacteria in our gut can be starved of a food source. Gut health drives your overall health so integrating plant based proteins into the diet, while increasing how much plant matter you eat is the simplest way to optimise it.



NatMed Nutrition Coaching

Nutrition analysis

DIETARY SUGGESTIONS TO OPTIMISE
NUTRITION

Nutrient excesses:

IRON

Animal based iron (haem iron) at elevated levels for an extended period of time can create oxidative stress in the body from iron overload. This can increase one's risk of chronic inflammatory diseases such as cardiovascular complications, liver damage and colon cancer as the body can not easily remove excess amounts. By reducing red meat consumption by mixing up protein sources, this amount will naturally drop.

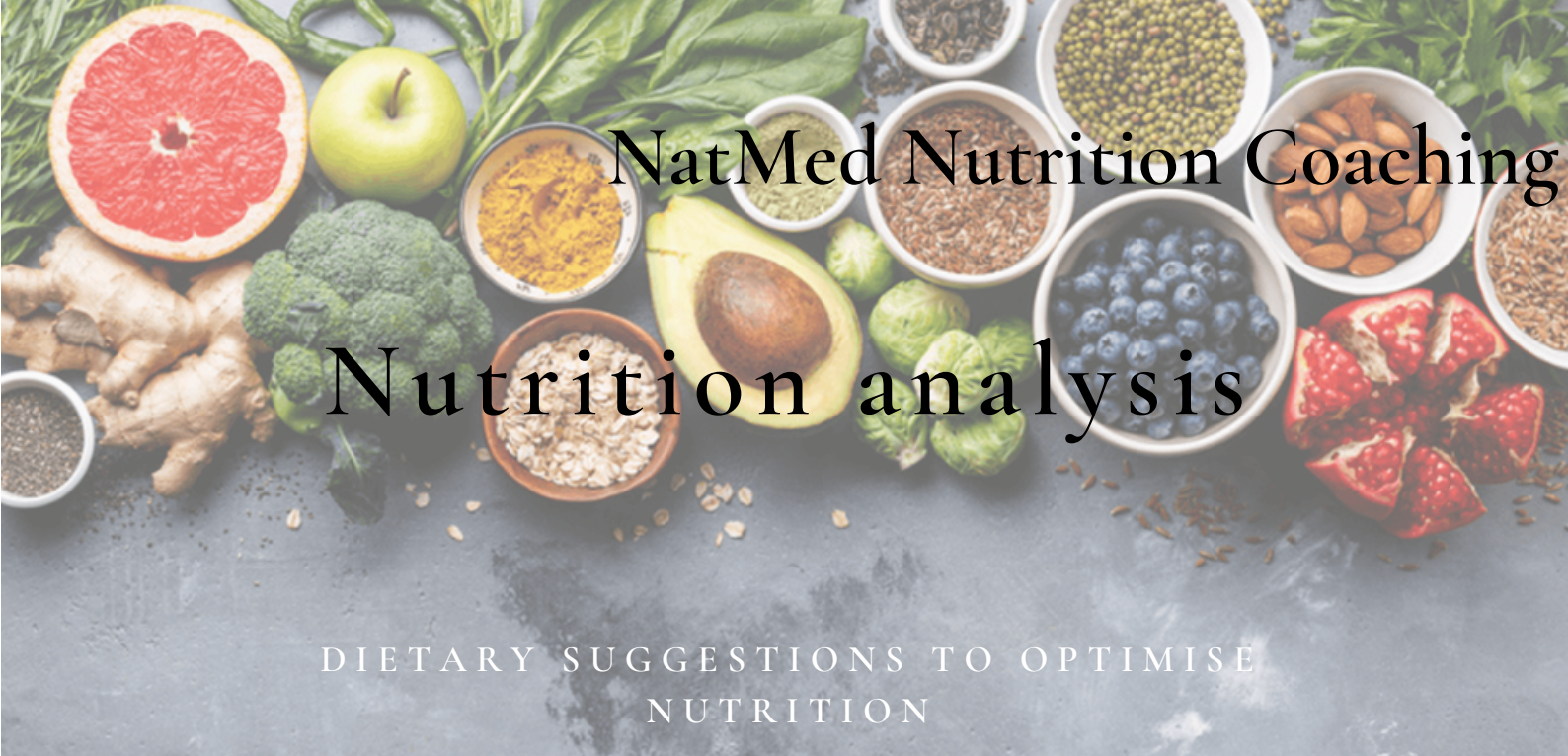
SATURATED FAT

Saturated fat can be quite inflammatory at high amounts so shifting to a more anti-inflammatory dietary fat makeup by increasing omega 3 sources can alter the impact on your cardiovascular health.

PROTEIN

To meet the functional need such as promoting skeletal-muscle protein accretion and physical strength, a dietary intake of 1.0, 1.3, and 1.6 g per kg of BW is required for men following a mild, moderate or intense exercise routine respectively.

Chronic excess protein ($>1.6\text{g/kg BW}$) can result in kidney issues by increasing the acidity of the urine and acid load in the body, leading to precipitation of uric acid (from urea) & calcium kidney stones. Risk of colon cancer is also associated with high intake of red meat.



NatMed Nutrition Coaching

Nutrition analysis

DIETARY SUGGESTIONS TO OPTIMISE
NUTRITION

See attached pdf for your diet analysis

Suggestions to rectify your nutrient deficiencies & excesses:

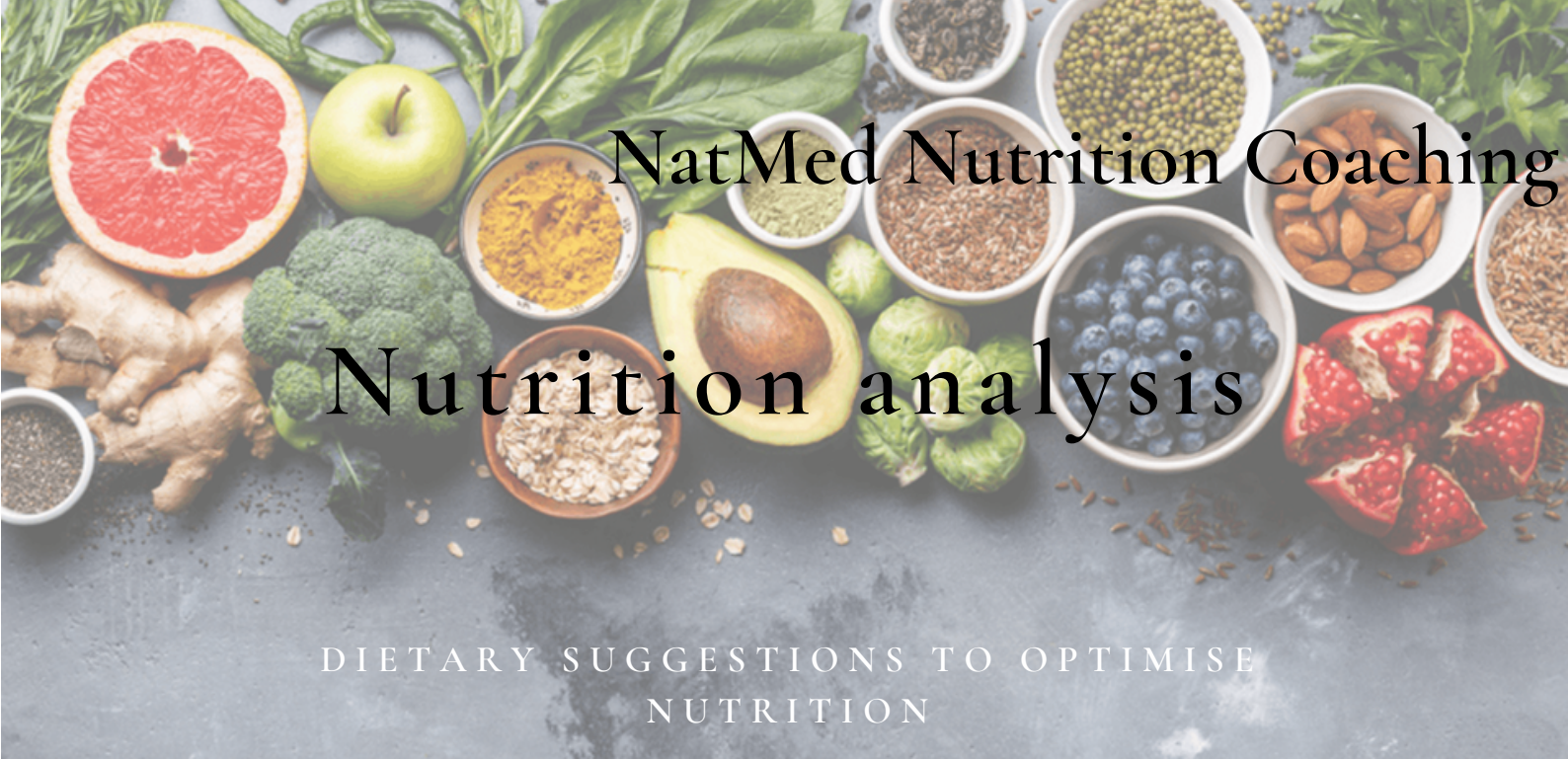
1) Choose two different vegetables with either your midday meal or dinner every day. This could look like one type of green vegetable plus one another.

Lower Carbohydrate vegetables:

- Cauliflower = rice, steamed, roasted, mash
- Broccoli
- Kale
- Pumpkin (only 10% carbs)
- capsicum
- tomatoes
- Brussell sprouts
- Asian greens
- Mushrooms
- Avocado

2) Swap the type of protein you have each night during the week. This could look like beef mince, salmon, chicken, steak, tofu, white fish, pulse pasta.

Variety is the key to optimal nutrition & gut health.



NatMed Nutrition Coaching

Nutrition analysis

DIETARY SUGGESTIONS TO OPTIMISE
NUTRITION

See attached pdf for your diet analysis

Suggestions to rectify your nutrient deficiencies & excesses:

- 3) Integrate some nuts & seeds as a snack instead of your protein shake every second day. Make up a mix on the weekend by roasting any kind you like with salt, herbs & spices and mix together with some coconut chips & goji berries.
- 4) Alternatively, add a couple of ingredients to your afternoon shake to increase the nutrient content. Add a handful of spinach, blueberries & a Tbsp of nut butter or tahini. You could also add some seeds like chia or hemp for omega 3's.
- 5) Opt for a plant based meal twice a week (lunch or dinner) with chickpeas, black beans, kidney beans, tofu or pulse pasta. This will help to increase your dietary fibre, calcium & magnesium content whilst reducing saturated fat.



Dinner recipes

INSULIN RESISTANCE PROTOCOL

Cauliflower mash:

Serves: 3 as a side

Ingredients:

- 1 cauliflower head, broken into florets
- 1/3 cup of almond milk
- 1 Tbsp of olive oil or ghee
- 1/3 cup of bone broth/stock
- Salt & pepper to taste
- Optional: any herbs you like!

Panfried salmon:

Serves: 2

Ingredients:

- Olive oil
- 2 fillet salmon, skin off (around 80g)
- Pinch of salt
- Fresh dill, finely chopped
- 1/2 broccoli head, broken into florets
- Optional: Sesame seeds sprinkled on top
- 2 cup of kale, roughly chopped
- 1 clove of garlic, finely diced

Method:

1. Steam the cauliflower florets until soft.
2. Blend with almond milk, oil/ghee, bone broth, salt, pepper and fresh herbs.
Goes well with any protein source.

Method:

1. Add broccoli to a steamer and bring the pot of water to a boil. Reduce to a simmer & cook until softened.
2. Meanwhile, sprinkle sesame seeds, dill and salt on the salmon fillet. Heat a medium pan with the olive oil and pan sear the salmon until cooked halfway through on one side. Flip to finish cooking on the other side & remove from pan. Alternatively, Preheat the oven to 170 degrees, place the fillets on a tray with baking paper, top with sesame seeds, dill & salt and bake until cooked through.
3. While waiting for the fish to cook or once cooked, add the garlic to the pan and sautee for 1 minute. Add the kale and continue cooking for 2 more minutes. Serve with a squeeze of lemon and extra sesame seeds.



Snack recipes

INSULIN RESISTANCE PROTOCOL

Roasted nut & seed mix:

Ingredients

- 1 cup of almonds
- 1 cup of brazil nuts
- ¼ cup of sunflower/pumpkin seeds
- Handful of coconut flakes
- Handful of goji berries
- ¼ cup of chia seeds

Feel free to mix up the nuts and seeds!

Method:

1. Preheat oven to 180 degrees.
2. Spread nuts, seeds & coconut flakes on lined baking tray. Bake for 10-15 minutes or until golden
3. Set aside to cool. Once cool pour into a bowl. Add the goji berries, chia seeds and stir. Store in sealed jar.