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**Patient Name:** Sample

**Date:** Second visit (this takes a bit of time to put together)

**\*Note: This sample treatment protocol has been put together for informational purposes only and is not designed to provide specific recommendations, nor is it an actual protocol reflective of any active patient. This is to give you an idea of what you can expect from me, as I design a protocol from scratch for each and every person I see.**

### Treatment Goals:

1. Weight loss. Slow and steady at 2-3 pounds per week. Goal weight: 180 lbs (loss of 35 pounds).
2. Cholesterol management. Diet and exercise primarily, additional supplement help to avoid or support statin use.
3. Hormonal regulation to decrease estrogen dominance picture.

**Short-term:** use supplement to bring cholesterol results into healthier range while weight loss occurs (avoiding statin use as agreed upon by your MD); begin hormone-regulation herbal combination to decrease excess estrogen.

**Long-term:** slow and steady weight loss for 3-4 months when goal is reached; monitor cholesterol levels and blood sugar at baseline, at 3 months, and at 6 months; hormonal regulation for periods and PMS symptoms (this will change as weight comes off).

### Supplements and Herbal Medicines:

Important: The following products have been chosen for quality, potency and specificity to your needs. Please do not substitute other brands or similar products unless on the specific direction of your Naturopathic Doctor. Follow the instructions below closely, in preference to any direction found on the bottle or packaging labels. Contact the clinic immediately for any clarification that you may require.

Supplement	Dose	Breakfast	Dinner	Helps with
Plant sterol supplement	2 capsules twice per day	2	2	Decreasing LDL (bad) cholesterol
Antioxidant and anti-inflammatory support	1 capsule twice per day	1	1	Prevents cholesterol in the blood from being oxidized and forming a plaque in artery walls; provides energy for cells especially in the heart muscle.
Hormonal regulation herbal combination	1 tablet daily	1		Regulating excess estrogen by balancing progesterone; helps regulate periods and PMS symptoms

We'll reassess how these are working after three months and tweak what we need to.

## Dietary Requirements:

Height: 5'11" Weight: 215 BMI: 29.9 (25-30 is identified as overweight)  
Basal Metabolic Rate: 1700 Calories per day  
Daily caloric need with light daily activity or exercise 1-3x/week: 2300Calories  
Adjusted for weight loss: 1800 Calories/day

Based on your height, weight, body composition, and activity levels, your daily goals are:

Nutrient	Grams	Examples
<b>Protein</b> *Spread out throughout the day in 20-25g portions (or as close to it as you can)	100g = 400 Calories	Chicken breast = 50g ½ can tuna = 21g ½ cup beef = 22g ½ cup cottage cheese = 16g 22 Almonds = 6g 1 egg = 6g 1 cup lentils = 18g 1 cup black beans = 15g
<b>Fat</b> *High-quality, whole-food fats	60g = 540 Calories	1 avocado = 21g 1 tsp olive oil = 5g 22 Almonds = 15g 2 tbsp peanut butter = 16g 2 tbsp ground flax = 6g
<b>Carbohydrate</b> *High quality, complex, whole-food carbohydrate Think of the bucket of water analogy!	215g = 860 Calories	1 cup brown rice = 46g, 220 C 1 cup oatmeal = 30g, 160 C ½ cup black beans = 41g, 230 C 1 medium sweet potato = 24g, 100 C 1 whole wheat pita = 35g, 170 C
TOTAL	1800 Calories	

- Don't focus too much on calorie number - watch where the calories are coming from and the proportion of protein:fat:carb.
- Track your diet on myfitnesspal and bring in the results to see where we can tweak what you're doing to ensure effective weight loss.

## Dietary Recommendations for Healthy Cholesterol Levels:

- **Minimize sugar:**
  - Sugar now has a direct link to heart attacks, especially fructose. Sugar directly feeds your body's cholesterol-making pathway and is also one of the most pro-inflammatory substances out there. Continue with fruit at 2 servings per day, and avoid any processed sugar, pop, etc. Use maple syrup or honey if you require a sweetener in your tea or coffee.
- **Low levels of saturated fat:**
  - Choose lean meats such as chicken, turkey, or fish and limit red meat and pork.
  - There is still a weak link between saturated fat and cholesterol levels in the body. Adopt a few meatless days during the week to limit these.
- **High fibre:**
  - Increase soluble fibre such as steel cut oats, eggplant, okra. These will bind cholesterol in the bile and excrete it.
  - If making steel-cut oats, don't take off the slimy film on top - that's the part that binds the cholesterol! Just mix it back in.
- **Cinnamon:** 1/2 teaspoon per day can decrease cholesterol 12-26%. Sprinkle this small amount over steel-cut oats or throw it in a shake. \*It must be Sri Lankan cinnamon, so if you can't find it, don't sweat it.
- **Snack on almonds and walnuts:** The good fats in healthy nuts reduces total cholesterol and LDL, particularly walnuts. Aim for about 10 per day.
- **Flaxseed:** 3 tablespoons per day has been shown to decrease bad cholesterol and inflammation, as well as prevent atherosclerosis.
- **Olive oil:** use raw as a salad dressing base. Aim for 2 tablespoons per day (uncooked).
- **Brightly coloured fruits and vegetables** (minimum of 5 servings per day). Atherosclerotic plaques (artery cloggers) are made by oxidation of cholesterol. Antioxidants in brightly coloured fruits and veggies help prevent this damage.
- **Chia:** sprinkle chia seeds on cereal or salad as these also help to decrease cholesterol by binding cholesterol in the bile and excreting it.
  - Recipe: soak chia seeds overnight in almond milk, maple syrup to sweeten, and a bit of vanilla extract to taste. Makes a great pudding!
- Drink **paper-filtered coffee** rather than unfiltered coffee. The sludge left in the bottom of your mug can increase the bad cholesterol.

### **Cholesterol-busting Breakfast:**

Make steel-cut oats according to the package. Stir in cinnamon equivalent to ½ teaspoon per serving of oats depending on how much you're making. Top with chopped walnuts, flaxseed, and berries.

- High in fibre and protein, this breakfast is made to decrease bad cholesterol, increase good cholesterol, stabilize blood sugar, and is packed with antioxidants.

### Lifestyle:

#### **Exercise!**

- Minimum of 20 minutes per day, 5 times per week.

- Continuous walking, biking, yoga, etc. Any exercise has the same cardiovascular benefit. Get your heart rate up to the point where you can still carry on a conversation but are breathing heavily.
- Helps decrease LDL and increase HDL as well as keeps the heart and blood vessels healthy.

## Hormone Regulation

Estrogen and progesterone imbalances can cause symptoms such as painful and/or heavy periods, irregular cycles, acne, mood swings, insomnia, breast tenderness, and PMS symptoms ranging in severity. These symptoms can result from an excess or deficiency of either one. Most often, estrogen is in relative excess to progesterone, which seems to be the case here. The herbal combination will have a stronger effect, but these tips can also make a difference long-term.

**Ground Flaxseed:** Contains lignans which help to bind to estrogen metabolites and remove them from the body. These also keep you pooping which is needed to excrete those metabolites before they are reabsorbed!

- 2 tbsp per day
- Grind max 1 week supply in advance (coffee grinder works best) and keep in the fridge or freezer until ready to use. Don't heat as this will destroy the wonderful benefits of the flax oil.

**Avoid Xenoestrogens:** These are the endocrine-disruptors that mimic estrogen in a much stronger manner than the hormones that your body produces. As a result, the effects are much stronger. Many of these have been linked to hormone-dependent cancers. Yikes!

Sources of xenoestrogens:

- non-organic meats
- dairy
- BPA (found in plastics and in high amounts in shiny receipt paper)
- laundry detergent, fabric softeners, and dryer sheets
- air fresheners
- parabens, phthalates, and phenoxyethanol (found in shampoos, makeup, deodorant, etc)

Ways to avoid them:

- Don't heat food in plastic. Store food and water in glass containers.
- Skip the receipts unless absolutely necessary. Don't make paper airplanes out of them.
- Avoid personal care products that contain parabens, phthalates, or phenoxyethanol (good brands are Desert Essence, JASON, Green Beaver, Nature's Gate, Kiss My Face).
  - Check out how your products rate on the Endocrine Disruption Scale in the Skin Deep Database from the Environmental Working Group - [ewg.org/skindeep](http://ewg.org/skindeep)
- If buying meat, go for organic or make sure it's hormone-free.