

## YOUR NATUROPATHIC TREATMENT PLAN

(ON BEHALF OF PATRICIA VANDENBERG-SMITH)

**Client Name** Jenniffer Tamson

**Date:** 21/07/2023

**I am in clinic during the following days/times** Mon, Thu : 11am - 8pm ; Tue, Wed : 9am – 5pm ; Sat 10am - 2pm  
Appointments outside of nominated times may be arranged in exceptional circumstances

**Treatment goals** Address bacterial infection in the upper respiratory system and reduce cough;  
Address recurring UTIs

### Recommendations summary

1. Please continue taking your current supplements end of day Sunday 23 July as per instructions provided during the consultation (and SMSed to you subsequently), and starting Monday (24 July) start taking the supplements, herbal and homeopathic remedies as outlined on below prescription. They will be delivered to you Monday morning by 9am (if the payment for them is received/cleared by Sunday midday)
2. Perform sinus / nasal rinse once daily (upon waking) by either using the solution you currently have or by making up a salty water solution made up of ½ teaspoon of any edible salt and 1 mug of previously boiled (or distilled) water. Water must be room or body temperature when you perform the rinse. You can ensure this by boiling it the night before in the kettle and allowing it to cool overnight without adding any more water to the kettle in the meanwhile)
3. Gargle 1 cup of salty water (1 mouthful at the time) twice daily (upon waking and before bed). Make the solution by dissolving 1 teaspoon of salt in 1 cup of water. Please ensure swish the water around your mouth for 5 to 10 seconds each sip (before gargling). This helps kill off bacteria in your throat and ideally prevents them getting into your lungs or stomach.
4. If your nose continues to feel stuffy you can inhale chamomile tea steam several times per day. This can be made by boiling a few cups of water with 2 to 3 bags of chamomile tea (or 2 tablespoons of loose-leaf chamomile tea) for 1 min and then removing from the stove. While the tea is still hot, and steaming, position your face/nose above the tea pot and place a towel over your head to keep the steam inside and try to breathe the steam in through your nose (can also do a few breaths through your mouth). Please be mindful that the tea will initially be boiling hot and your face needs to be far away from it to avoid burning yourself. If your face feels like it may be burnt by the heat do not inhale at that time but move your head further away as the nose and throat are very sensitive to heat
5. Due to your recurring UTI infections, and your inability to complete stop your last course of UTI antibiotics, I have also prescribed you D-Mannose, Homeopathic Cantharis drops and am adding herbs that should address the mentioned *Escherichia coli* infection into your herbal tonic.
6. Your symptoms should start to improve by Wed morning. If your symptoms continue to improve, please rebook a short/acute (15-20 min) consultation for the end of this week to review your progress (either Thu 27 or Sat 29 July). If your symptoms worsen at any stage, or you develop a fever, contact me immediately or see your GP immediately.
7. Due to your ongoing / recurrent infections and overall feeling of unwellness please consider booking an appointment with Patricia for the 2<sup>nd</sup> half of August to discuss how you can improve your immunity and overall health so as to prevent these recurrent, opportunistic, infections.

## PRESCRIPTION: Herbal and Nutritional Products

*Remedies that will be dispensed by Parkes St Health P/L (to be supplied on Monday 24/7/23)*

Product	Dosing	Notes / Special Instructions
Herbal Tonic 1: 'Respiratory infection'	<p>Monday: take 10mL 4x daily <i>with food</i></p> <p>Tue - Fri: take 10mL 3x daily <i>with food</i></p> <p>Saturday onwards, continue to take tonic until used up as per below. <i>IF your condition has:</i></p> <ul style="list-style-type: none"> <li><u>improved significantly</u> or you feel recovered take 7.5mL 2x daily until used up</li> <li><u>improved but sinuses still feel inflamed</u> take 10mL 2x daily</li> <li><u>not improved and/or you have any green / blue nasal discharge</u> continue to take 10mL 3x daily AND please see your GP to be assessed for antibiotics</li> </ul>	<ul style="list-style-type: none"> <li>☞ Take with, or straight after, meals to reduce likelihood of stomach irritation.</li> <li>☞ Pour required dose into the measuring cup, and top up with water or juice before drinking</li> <li>☞ <b>If you find your condition is not improving at all by midday Wednesday OR you feel it is worsening at any stage, call me</b></li> </ul>
Herbal tonic 2: 'Cough'	<ul style="list-style-type: none"> <li>Take 30 drops 2x daily (ideally upon waking and before bed) for up to 3 weeks</li> <li>If the cough returns during the day, you can also take additional 20 drops, on needs basis, UP TO 4x daily</li> </ul>	<ul style="list-style-type: none"> <li>☞ Take with water or juice</li> <li>☞ If you find it aggravates your stomach, please take with a few mouthfuls of food to avoid stomach irritation</li> </ul>
Homeopathic cough drops blend	<ul style="list-style-type: none"> <li>Take 3 to 5 drops, on needs basis, <u>up to</u> 4x day and continue to take until cough disappears <u>plus</u> 1 day</li> <li>As your condition improves gradually reduce the number of times you take the drops during the day until taking just once daily</li> </ul>	<ul style="list-style-type: none"> <li>☞ No food or water 20 minutes before / after drops <u>BUT</u> if you need the drops (due to persistent cough) please take the drops regardless having eaten or not</li> <li>☞ Take at least 60min away from any other homeopathic remedy</li> </ul>
Bioclinic Naturals, Opti Active D	<ul style="list-style-type: none"> <li>Month 1: 2 tablets daily</li> <li>Months 2 – 6: 1 tablet daily</li> </ul>	Best taken with meals as is best absorbed when there is fat in the stomach
BioCeuticals, Zinc drops	<ul style="list-style-type: none"> <li>Mon - Thu: 10 drops 3x daily (OR 15 drops 2x daily)</li> <li>Fri 28 Jul - Fri 4 Aug: 10 drops 2x daily</li> <li>Sat 5 Aug onwards : 5 drops 2x daily (OR 10 drops once daily) for 4 weeks</li> </ul>	<ul style="list-style-type: none"> <li>☞ Preferably take with food to reduce likelihood of stomach upset</li> <li>☞ You can add it to your herbal tonic measuring cup and take together with your herbal tonic or with D-mannose or with your Super Mushrooms powder</li> </ul>
Sunray D-Mannose	<ul style="list-style-type: none"> <li>Week 1: 1 level scoop dissolved in water 2x day</li> <li>Week 2: 1 level scoop once daily</li> <li>On needs basis / if feeling UTI like discomfort: 1 level scoop dissolved in water 2x day</li> </ul>	<ul style="list-style-type: none"> <li>☞ Empty your bladder</li> <li>☞ Dissolve fully 1 level scoop in 1 cup of water</li> <li>☞ <u>Drink a 2<sup>nd</sup> cup of water immediately after</u></li> <li>☞ You can take this right after your herbal tonics and/or use it to drink your supplements with it</li> </ul>
Homeopathic Cantharis 200C	<p>Take 3 to 5 drops:</p> <ul style="list-style-type: none"> <li>2x daily for 3 days</li> <li>Once daily for 2 weeks</li> <li>Once every 2<sup>nd</sup> day for 1 week</li> <li>Twice per week for 2 months</li> </ul>	<ul style="list-style-type: none"> <li>☞ IF you get <u>any</u> UTI symptoms, take every 3 to 4 hours while symptomatic then space out as per dosing instructions provided on the left</li> <li>☞ Take at least 60min away from any other homeopathic remedy</li> </ul>
<b>Adverse Reaction and Safety Information</b> <ul style="list-style-type: none"> <li>Take products only as directed.</li> <li>Should you encounter <u>any</u> reactions such as feeling nauseous, headache, dizziness or the like, <b>STOP</b> taking your product immediately and call me.</li> <li>In the case of an emergency, contact your GP or call 000.</li> <li>All medication must be kept out of reach of children.</li> </ul>		

*continued on next page for the instructions on the supplements you already have at home*

## PRESCRIPTION: Herbal and Nutritional Products (cont. from previous page)

### *Your current supplements that you need to continue taking*

*(these instructions apply from Monday, until then follow instructions I have SMSed you already)*

Product	Dosing	Notes / Special Instructions
Vitamin C 1000mg	<ul style="list-style-type: none"><li>• Week 1: ½ tablet 4x day</li><li>• Weeks 2 – 4 : ½ tablet 3 x day</li></ul>	<p>Please note that vitamin C is best absorbed when smaller quantities are taken throughout the day and if you take higher doses lesser number of times in the day you will absorb less of it.</p> <p>However, IF you find halving the tablet and taking it multiple times through the day too cumbersome then take 1 tablet 2x daily (morning and lunch) for 1 week followed by 1 tablet in the morning for at least 1 month</p>
Metagenics Super Mushroom complex	<ul style="list-style-type: none"><li>• Week 1 (up to 2 weeks if symptoms persist): 1 level teaspoon 3x daily</li><li>• Week 2 onwards: 1 level teaspoon once daily until used up (ideally 1 month)</li></ul>	<p>Please note that, to not feel overwhelmed by the amount of water you need to drink) you can dissolve this powder into your 2<sup>nd</sup> cup of water that follows your D-mannose dose</p>
Metagenics Ultra Flora Restore	Take 1 capsule 2x daily for 1 month, then reduce to 1 capsule daily	
BioCeuticals, D3 capsules	<p>AFTER you have run out of the 'Bioclinic Naturals, Opti Active D' capsules, <b><u>IF</u></b> you decide not to get more of them you should be taking 5 of the 'BioCeuticals, D3 capsules' once daily for 2 months, then reduce to 3 capsules daily for at least 6 months</p>	<p>☞ Best taken with meals as is best absorbed when there is fat in the stomach</p> <p>☞ <b><u>DO NOT</u></b> take these tablets together with 'Bioclinic Naturals, Opti Active D' OR any other tablets containing Vitamin D</p>
BioCeuticals Ultra Muscleeze P5P	Please continue taking as were instructed by Patricia Vandenberg-Smith	
<b>Adverse Reaction and Safety Information</b> <ul style="list-style-type: none"><li>• <b>Take products only as directed.</b></li><li>• Should you encounter <u>any</u> reactions such as feeling nauseous, headache, dizziness or the like, <b>STOP</b> taking your product immediately and call me.</li><li>• <b>In the case of an emergency, contact your GP or call 000.</b></li><li>• <b>All medication must be kept out of reach of children.</b></li></ul>		