

YOUR NATUROPATHIC TREATMENT PLAN

(ON BEHALF OF PATRICIA VANDENBERG-SMITH)

Client Name Jenniffer Tamson

Date: 31/07/2023

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 Reduce post-viral cough
Support immunity
Continue to minimise likelihood of recurrent UTI returning

Recommendations summary

1. Please take the prescribed supplements, herbs and homeopathic remedy as outlined on the following pages. If your symptoms worsen at any stage, or you develop a fever, contact me immediately or see your GP immediately.
2. Continue to perform sinus / nasal rinse once daily in the manner prescribed in the previous Treatment Plan (dated 21 July). Please note that doing these rinses twice daily can aggravate the already wounded sinus and nasal lining thus unless sinus congestion worsens these rinses should be performed just once daily for the 3 to 4 weeks and then once to twice weekly on ongoing basis during cold/flu, or pollen, seasons.
3. For as long as the cough or any type of sinus congestion persist gargle 1 cup of salty water twice daily.
4. Due to your recurring UTI infection history, and your inability to complete stop your last course of UTI antibiotics, please continue to:
 - take both D-Mannose and Homeopathic Cantharis as prescribed
 - drink 2L of water or clear (non-caffeinated) teas throughout the day (smaller amounts multiple times per day is better than a lesser number of large quantities)
5. Due to your ongoing / recurrent infections and overall feeling of unwellness, that has persisted for the past few months, please consider booking an appointment with Patricia for the 2nd 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

Product	Dosing	Notes / Special Instructions
Herbal tonic: 'Cough'	Take 1mL (20 drops), <u>up to</u> 7 times daily, as needed: • if your cough returns, OR • if you know you will be speaking for a long period of time (for as long as speaking aggravates your cough)	If the taste is unpleasant take with water or juice. If it aggravates your stomach, take with a few mouthfuls of food
Herbal tonic: 'Marshmallow'	Take 1.5mL (30 drops), 1 to 2 (<i>no more than 3</i>) times daily, <u>IF</u> chest flutter / irritation is causing cough	You can place drops straight into your mouth or can dissolve in a mouthful of water
Homeopathic cough drops blend	Take 1 dose (3 to 5 drops) under the tongue and hold there for 15-30 seconds before swallowing: • twice daily until cough improves again (for no more than another 3-4 days), then • reduce to once daily until it stops altogether, then • take one more time only 3 or 4 days later	☞ No food or water 20 minutes before / after drops <u>if possible</u> ☞ Take at least 60min away from any other homeopathic remedy
Homeopathic Cantharis 200C	Take 1 dose (3 to 5 drops) under the tongue and hold there for 15-30 seconds before swallowing: • Once daily for 3 more weeks, then • Once every 2 nd day for further 2 months, then • Twice per week for further 2 months	☞ IF you get <u>any</u> UTI symptoms, take 1 dose every 3 to 4 hours while symptomatic then space out as per dosing instructions provided on the left ☞ Take at least 60min away from any other homeopathic remedy
BioMedica HistEase	• Take 2 capsules 2x daily for 1 week (until nasal congestion is gone and cough mostly cleared), then • Take 2 capsules once daily until cough is cleared	
Bioclinic Naturals OptiActive D	• Take 2 tablets daily until your 1 st bottle is empty, then • Further 6 months: 1 tablet daily	AFTER you run out, IF you decide not to get more, take 3 of 'BioCeuticals, D3 capsules' daily for at least 3 months
BioCeuticals, Zinc drops	• Until Fri 4 Aug: 10 drops 2x daily, then • Sat 5 Aug onwards: 5 drops 2x daily (OR 10 drops once daily) for 10 days, then • 5 - 6 drops daily on ongoing basis	Preferably take with food to reduce likelihood of stomach upset
Vitamin C 1000mg	• ½ tablet 3x day for 3 weeks, then • ½ tablet twice daily for 2 months	IF halving the tablet and taking multiple times through the day too cumbersome take 1 tablet in the morning for at least 3 months
Sunray D-Mannose	• 7 more days: 1 level scoop dissolved in water 2x day • Week 2: 1 level scoop once daily, then • On ongoing basis, if/when feeling any UTI-like discomfort: 1 level scoop dissolved in water 2x day	☞ Empty your bladder ☞ Dissolve fully 1 level scoop in 1 cup of water ☞ <u>Drink a 2nd cup of water immediately after</u>
Metagenics Super Mushroom complex	• 7 more days: 1 level teaspoon 2 to 3x daily, then • 1 level teaspoon once daily until used up	
Metagenics Ultra Flora Restore	Take 1 capsule 2x daily for 1 to 2 more weeks, then reduce to 1 capsule daily	
BioCeuticals Ultra Muscleeze P5P	Please continue taking as were instructed by Patricia Vandenberg-Smith	

Adverse Reaction and Safety Information

- Take products only as directed.
- Should you encounter any reactions such as feeling nauseous, headache, dizziness or the like, **STOP** taking your product immediately and call me.
- In the case of an emergency, contact your GP or call 000.
- All medication must be kept out of reach of children.