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NHAA #158932



Naturopathic Prescription Form

Date: 29/02/2024

Patient Details	
Name:	Prue Walmsey
D.O.B:	29/05/2000
Phone:	0490 024 125
Email:	pruewalmsey@gmail.com

Treatment Goals	
1	Reduce acne apperance
2	Improve digestive function to support health skin
3	Nurture nervous system throughout study periods

Product Reccomendations		
Herbal Extract		
<brand & name>	<dose range>	<ml dispensed>
Simple:		
Passiflora incarnata		210ml
GIT Mix:		
Centella asiatica	15-40	40ml
Phytolacca americana	1-5	2ml
Nigella sativa	28-84	80ml
High Grade Glycyrrhiza galabra	10-30	50ml
Cynara scolymus	20-40	40ml
Total:		212ml
Repeat Authorisation:		500ml
Dosage Instructions:	Simple - 5ml as needed when feeling anxious. GIT mix - 7.5ml twice a day with food. Measure 7.5ml of medicine in a medicine cup and top with water. Take herbal shot and follow with juice or water.	

Product Recommendations

Tablets/Capsules/Powders

<brand & name>

<dosage instructions>

Flordis Premular

Take 1 tablet once a day

Thompson Vitamin A

Take 1 capsule a day.
Please be advised, if you become pregnant cease Vitamin A.

Optimal Rx Zinc ACE

Take 2 tablet twice a day with or after food

MediHerb Bacopa Complex

Take 2 tablets twice a day with breakfast and lunch.

Dietary & Lifestyle Recommendations

Please complete a 5-day diet diary with minimum 3 weekdays and 1 weekend day.

We are beginning to improve your overall gut health, it is important to avoid aggravating foods such as gluten and increase your fruit and vegetable intake. See attached handout for a point of reference.

Implement smaller more frequent meals to maintain energy throughout the day.

To stimulate lymphatic system:

1. Sauna 2-3 times/week - build up to 20 minutes in the sauna, ensure you wipe sweat regularly off skin during the sauna and washing after. **YOU MUST ENSURE YOUR ARE WELL HYDRATED**
2. Dry brushing 1-3 times/week - exfoliates, increases blood flow and promotes lymph flow. Here is dry brushing chart to follow <https://blog.koraorganics.com/dry-brushing-chart-for-lymphatic-drainage-wellness/>
3. Leg elevation (rest them on the wall) - counteracts pooling blood and lymph in the feet.
4. Manual lymphatic drainage from a manual therapist (see @mai_therapist on instagram)

Continue your training regime, this will provide you with structured time for yourself as your schedule gets busier with uni.

Adverse Reactions & Safety Information

Take products only as directed.

If you encounter any reactions such as **feeling nauseous, headache, dizziness or the like STOP taking your products immediately** and call V'véré Naturopathy on 0457 267 482.

In the case of an emergency, contact your GP or emergency services.

Please keep all medication out of reach of children