

# BI.SOUL

Ashleigh van Nierop. Naturopath  
BHSc (Nat), Bach Comp Med.  
Member ANTA.

[Ash@biosoulnaturopathy.com](mailto:Ash@biosoulnaturopathy.com)


[www.Biosoulnaturopathy.com](http://www.Biosoulnaturopathy.com)

TREATMENT PLAN FOR :

Cassidy Rose Buckley

Date: 30.4.24

<b>Health Goals</b>	<ol style="list-style-type: none"><li>1. Optimise overall health and wellbeing.</li><li>2. Reduce alcohol consumption.</li><li>3. Work towards ceasing vaping/nicotine intake.</li><li>4. Replete nutrient deficiencies and imbalances associated with oral contraceptive use, including B vitamins, selenium, and magnesium.</li><li>5. Mitigate gastrointestinal bloating and discomfort.</li><li>6. Reduce brain fog.</li><li>7. Support liver detoxification function.</li><li>8. Support a healthy, balanced gut microbiome.</li><li><b>9. Establish baseline biomarker levels through comprehensive blood analysis to identify areas requiring therapeutic focus.</b></li></ol>
<b>Diet</b>	<ul style="list-style-type: none"><li>- Continue to <b>avoid all wheat</b> products in order to support your gastrointestinal health (stop bloating, ensure your gut lining isn't damaged, reduce brain fog, support immune system)</li></ul>

	<ul style="list-style-type: none"> <li>- Continue to enjoy a low-carb lifestyle. This should support reducing brain fog, as well as maintaining a healthy weight, avoiding metabolic issues and blood glucose challenges.</li> <li>- Consume 1-2 <b>brazil nuts</b> each day to replenish <b>Selenium</b> (as it gets depleted by the oral contraceptive pill).</li> <li>- Enjoy 1 <b>dandelion root tea</b> per day (BonVit sold at Coles and Woolies is an affordable and accessible brand) to support <b>liver</b> function. A small amount of honey to flavour is ok.</li> </ul> <div style="display: flex; justify-content: space-around; align-items: center;">  <div data-bbox="991 580 1248 810"> <p>Bonvit Roasted Dandelion Tea Bags 32 Pack</p> <p><b>\$9.00</b> <small>\$0.28 / 1EA</small></p> <p>★ 5.0 / 3</p> <p><input type="button" value="Save to list"/> <input type="button" value="Add to cart"/></p> </div> </div> <ul style="list-style-type: none"> <li>- Continue to enjoy a variation <b>healthy fats</b> (avo, nuts, seeds, olive oil, eggs if you enjoy them also).</li> <li>- Ensure you <b>eat dark green vegetables</b> each day – to support bowel movements, gut microbiome and ensure you get Magnesium intake (contraceptive pill affects <b>magnesium</b> levels).</li> </ul>
<p><b>Lifestyle</b></p>	<ul style="list-style-type: none"> <li>- Alcohol- Take the <b>3ml passionflower</b> 30 mins to 1 hour before you start drinking. It will allow you to feel the effects of alcohol faster with the intention that you may end up drinking less drinks in a night overall.</li> <li>- After each alcoholic drink have a full drink of water (soda water+lemon+mint if you're feeling fancy!)</li> <li>- Lean on your friends who support you when you are going out to make the choice to not drink alcohol.</li> <li>- Continue exercise 3x per week.</li> <li>- Aim to get 10-20 minutes per day outside. It's difficult to avoid winter blues but sunlight and UV (direct, or indirect through clouds) is helpful in reducing the severity of winter blues.</li> </ul> <p><b>Quitting vaping</b></p> <ol style="list-style-type: none"> <li>1. Understand and identify the triggers that make you want to vape</li> <li>2. Be very clear <b>WHY</b> you want to quit, remind yourself of this often.</li> <li>3. When you feel the need to vape perhaps you can distract</li> </ol>

	<p>yourself long enough to overcome the urge.</p> <p>You may not quit immediately but if you can reduce your vaping from (for example) 8 times per day to 5 – you are making improvements!</p>
<b>Barriers</b>	<ul style="list-style-type: none"> <li>- Social occasions (such as the upcoming hens night where you it is very likely you will drink alcohol). The aim isn't necessarily complete restriction but empowering you to make conscious choices aligned with your health goals. Even just being more mindful and aware of your drinking can make a big difference. Ask yourself – how fast am I drinking this? Am I enjoying this drink? Is it better for me to be a little bit tipsy instead of completely intoxicated? Use an approach focused on progress, not perfection. Lean on supportive friends who are encouraging of your goals.</li> <li>- When at home, enjoy teas, carbonated water with mint and lemon.</li> </ul>
<b>Referral/Investigations</b>	<ul style="list-style-type: none"> <li>- See G.P. with referral letter requesting blood tests.</li> </ul>
<b>Prescription</b>	<ul style="list-style-type: none"> <li>- Passionflower 3ml before alcohol</li> <li>- Herbs of Gold B vitamin complex. 1 per day</li> <li>- Activated Daily Probiotic. 1/day</li> <li>- Bioglan Medlab D3 + K2 spray. 2 Sprays in the mouth once per day</li> </ul>
<b>Recipes:</b>	-
<b>Other</b>	<ul style="list-style-type: none"> <li>- It was so lovely to meet you today. I think you are well on your way to finding balance in your health already.</li> </ul> <p>Please book back in once your blood tests are completed.</p> <p>Print out the referral letter and sign at the bottom where indicated.</p> <p>If there is any issue getting the tests through your G.P. let me know and I can send you paperwork to have the blood tests done privately through different labs – any payment goes to the lab, not myself, and I will email you through the prices before anything goes ahead so you are fully informed of the costs.</p>

*NOTE: Lifestyle and dietary recommendations have been provided to support your health goals. If you experience any adverse reactions or discomfort, discontinue the recommendations immediately. We will discuss modifying them during your next appointment. If you have any serious concerns, please contact me for guidance.*

*Herbal medicines have been prescribed as part of your treatment plan. Like any medication, discontinue their use if you experience rashes, diarrhea, digestive issues, allergic symptoms, or any other adverse reactions that you suspect may be related to the herbs. Please notify me immediately if you experience any such reactions.*

*Nutritional supplements have been prescribed to address your health condition. If you experience any signs or symptoms that you believe may be associated with these supplements, discontinue them immediately and contact me. Your health and safety are of utmost importance.*