

# THE PRACTICE

WELLBEING CENTRE

STUDENT LED CLINIC



TORRENS  
UNIVERSITY  
AUSTRALIA

THINK  
EDUCATION

Jayla

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The Practice Wellbeing Centre - Naturopathy

123 Gotha St

Fortitude Valley

07 3270 1040

Student Practitioner: Tiana

3 Apr 2024

Thank you for attending your appointment with The Practice.

Please find below your prescription as discussed.

## **Product recommendations:**

### **Hormone/Stress/Anxiety/Cough Mix**

*Centella asiatica (Gotu Kola)* 2:1 20-40 50

*Scutellaria lateriflora (Skullcap)* 1:2 15-30 20

*Peonia lateriflora (Peony)* 1:2 30-60 70

*Rosemarianus officianalis (Rosemary)* 1:2 15-30 30

*Serenona repens (Saw Palmetto)* 1:2 15-30 30

**Total: 210ml**

**Dosage: 7.5ml in 5ml water 2 x day.**

**If you forget to take one dose of herbs, take the full 15ml next time, so you get the full strength of the herbs through the week.**

Digestive drops

*Gentiana lutea* 1:2 5-15 12.5

*Zingiber officinale* 1:2 5-15 12.5

**Total 25ml**

**Dosage: 5 drops in 5ml water 5 mins before as many main meals as possible. This will help your appetite and increase your ability to absorb nutrients from food.**

BioMedica BicoZn

**Dosage: 2 capsules in morning, 1 capsule at night**

**WITH FOOD, may cause stomach upset otherwise.**

Will help with immune system, skin health, and hormone health.

Herbs of Gold Triple Strength Omega-3

**Dosage: 2 capsules 1 x day.**

Will help with skin inflammation and lubricating throat to assist with dry cough.

**Dietary recommendations:**

**Aiming for 20g of protein every meal will reduce insulin spike = modulating androgenic hormones = regulated periods & reduced acne.**

Smoothie every morning for breakfast including:

2tbsp chia seeds

2tbsp almonds

2tbsp pumpkin seeds

1 tbsp psyllium husk

1 tbsp ground flaxseed/linseed

Protein (avoid whey, ideally collagen, or brown rice, hemp as examples)

For fibre, magnesium, and omega-3.

Please refer to protein handouts for ideas.

Your next appointment is on 30/05/2024 at 4pm. See you then!

**Adverse Reaction and Safety Information**

- Take products only as directed.
- If you encounter any reactions such as feeling nauseous, headache, dizziness or the like, **STOP** taking your product immediately and call The Practice Wellbeing Centre reception on 07 3270 1040
- In the case of an emergency please contact your GP or emergency service
- A clinic supervisor will call you back as soon as possible to discuss the situation with you
- Please keep all medication out of reach of children.

OFFICE USE ONLY

**Approved by Supervisor [Tina Taylor ANTA 7117]:**

3 Apr 2024