



Ashleigh van Nierop. Naturopath
BHSc (Nat), Bach Comp Med. Member ANTA.
Ash@biosoulnaturopathy.com
www.Biosoulnaturopathy.com

TREATMENT PLAN FOR : Prativa Pandey

Date: 7/06/2024

NOTES: I've looked through your blood test results and saw your TSH (thyroid stimulating hormone is 3.10. Naturopaths consider a TSH above 2 to be considered "subclinical hypothyroidism". This means your thyroid is not secreting enough thyroid hormone (G.P.'s will disagree with this, as they only treat you for hypothyroidism once your TSH is above 4).

The **thyroid** gland is a butterfly shaped gland located in the lower front of the neck. The thyroid's job is to make hormones which are secreted into the blood and then carried to every tissue in the body. Thyroid hormones help the body make **energy**, **metabolise**, regulate **temperature**, keeps the brain, heart muscles and other organs working as they should. When the body isn't making enough thyroid hormones, symptoms can include **fatigue**, weight gain, hair thinning, **dry skin**, and **depression**.

The thyroid hormone T3 is metabolised by the liver. When the thyroid doesn't make enough T3, there is often an issue of the cholesterol metabolism by the liver. The cholesterol can build up and form gallstones.

The **gallbladder** has stones which means the bile is thick, sludgy and is forming stones instead of being secreted into the intestines. Bile is meant to be excreted into the digestive system to help break down fats. When you have gallstones you may not be excreting enough bile to break down fats, which means certain vitamins (A,D,E,K) cannot be absorbed and this can lead to deficiencies of vitamins A,D,E and K.

Additionally if you have insufficient bile salt from the gallbladder this can result in heartburn because there is not enough bile to neutralise acids in the stomach.

Your **liver** enzymes GGT and ALT were elevated. The elevated GGT and ALT levels are likely a reflection of the liver injury and inflammation associated with fatty liver. These enzymes are released into the bloodstream when the liver cells are damaged.

By addressing the underlying hypothyroidism and optimising thyroid hormone levels, it is possible to improve gallbladder, and reduce oxidative stress, thereby potentially slowing the progression of fatty liver disease and reducing liver enzyme elevations.

The gut and liver have a bi-directional relationship, known as the gut-liver axis. Liver diseases like fatty liver can disrupt gut barrier function and intestinal permeability, leading to

inflammation and potential IBS symptoms like abdominal pain, bloating, and altered bowel habits.


The liver also plays a crucial role in the metabolism and clearance of **oestrogen**. Fatty liver disease can impair this process, leading to increased oestrogen levels, which can cause **low progesterone**, and promote the growth of endometrial tissue and worsen endometriosis.

Both hypothyroidism and fatty liver disease are associated with insulin resistance, which can lead to increased production of androgens (male hormones) and an imbalance in the estrogen-to-progesterone ratio. This hormonal imbalance can contribute to the development and exacerbation of endometriosis.

So, when you return, we will be looking at your microbiome mapping, and begin to address thyroid and liver health!

We need to consider further thyroid testing (Current TSH, Thyroid antibodies, T3, T4, Rt3), glucose, insulin, testing and lipid profile (triglycerides, cholesterol, LDL, HDL). If you G.P. will do this for you before we meet again this is ideal, otherwise we can order them here but they will be billed privately and not through medicare.

Health Goals	<ol style="list-style-type: none">1. Address subconscious/spiritual/emotional disharmony2. Reduce endometriosis to reduce discomfort and promote fertility by reducing inflammation, supporting female reproductive hormones, supporting oestrogen clearance via the liver, supporting the immune system, and correcting digestive issues.3. Address digestive issues and <u>gallbladder</u>4. Support sleep5. Investigate and support <u>thyroid</u> function
---------------------	---

Diet	<ul style="list-style-type: none"> - Continue to work with nutritionist - Continue to drink digestive tea daily. If you aren't already, please put a generous amount of ginger in there - Each day I would like you to consume 1 cup of Dandelion root tea such as BonVit from Coles or Woolworths → - Alternately I will add a Dandelion tea to your Osborne account if you prefer a loose leaf blend. - I forgot to ask you if you consume gluten/wheat – it is recommended you avoid all wheat products as they cause inflammation of the GIT and further immune dysregulation. - Each day consume 1 cup of cooked brassica vegetables (such as brussel sprouts, cauliflower, broccoli, cabbage) to support liver function and health. - Begin to eat 1-2 Brazil nuts each day for the selenium content (this support thyroid function). <div data-bbox="1125 248 1377 848">  <p>Bonvit Dandelion Te... \$9.00</p> </div>
Lifestyle	<ul style="list-style-type: none"> - Consider energy medicine such as Reiki or Kinesiology to move and transform spiritual/emotional energy to help trauma healing. I think this will be very beneficial for you! - Continue to meditate or pray with a focus on healing childhood wounds and nurturing your womb. - You may wish to consider trying activities that nurture the sacral chakra, the energy of your pelvic area such as: <ul style="list-style-type: none"> - Dancing (it is creative expression that allows energy to move through your body with music. You can do this at home for 5 minutes whilst listening to music). Belly dancing is great for this also! - Art therapy. Try drawing, painting, these are creative activities that support your creative, feminine energy and therefore your feminine, sacral (svadhisthana) chakra.
Barriers	-
Referral/Investigations	- Microbiome map
Prescription	- N-Acetyl Cysteine (NAC) can reduce endometrial growth size. Detoxifies liver (supporting liver function). Reduces inflammation.

- **Flordis Premular.** Is a herbal pill of Vitex Agnus-castus (Chasteberry). Is popular for use in women who have low progesterone and PMS.

- **Isis energy essence:** "The Isis Essence is a Blessing from the Great Mother. She has promised to all people that her presence will be felt upon the Earth.

With this Essence, Isis calls upon all those who are ready to come forward to stand up courageously, both emotionally and spiritually, and promises she will shine on them her Light of Lights that will illuminate their dark places. Isis is calling you to her, as she wants to take your emotional pain, anger, shame, blame, fear, grief and despair. In its place, she will bring love and courage.

When you go inside any such dark place and come out, you feel freed and rejuvenated. All this merely from looking at and going into your emotional pain - allowing it to be held and opening that aspect of yourself to receive love to heal it.

The Isis Essence is about hope and upliftment. It enables us to know and feel the protection and the love of the Divine Feminine, both around and within us. We can draw this to us, so as to be strengthened and nurtured, especially in times of turbulence, anxiety and uncertainty.

Many of us carry old, deep wounds. This Essence can empower us by assisting us to access, release and heal these aspects. We can have our emotional pain and places of negativity from trauma being transformed and healed - a massive shift at a very deep soul level."

- Here is more information explaining what the flower/energy essences are:
Flower essences have their origins in 12th century Europe. Flower essences contain the life-force and vibrational signature of the plant is imprinted within a water-based matrix.

They have no effect on the human body on a bio-chemical level, rather they act upon resonating within the human energy field which in turn has an effect on emotional, spiritual and physical health. Through this effect upon our energy field, the flower/energy essences stimulate the body to bring itself back closer to homeostasis (balance).

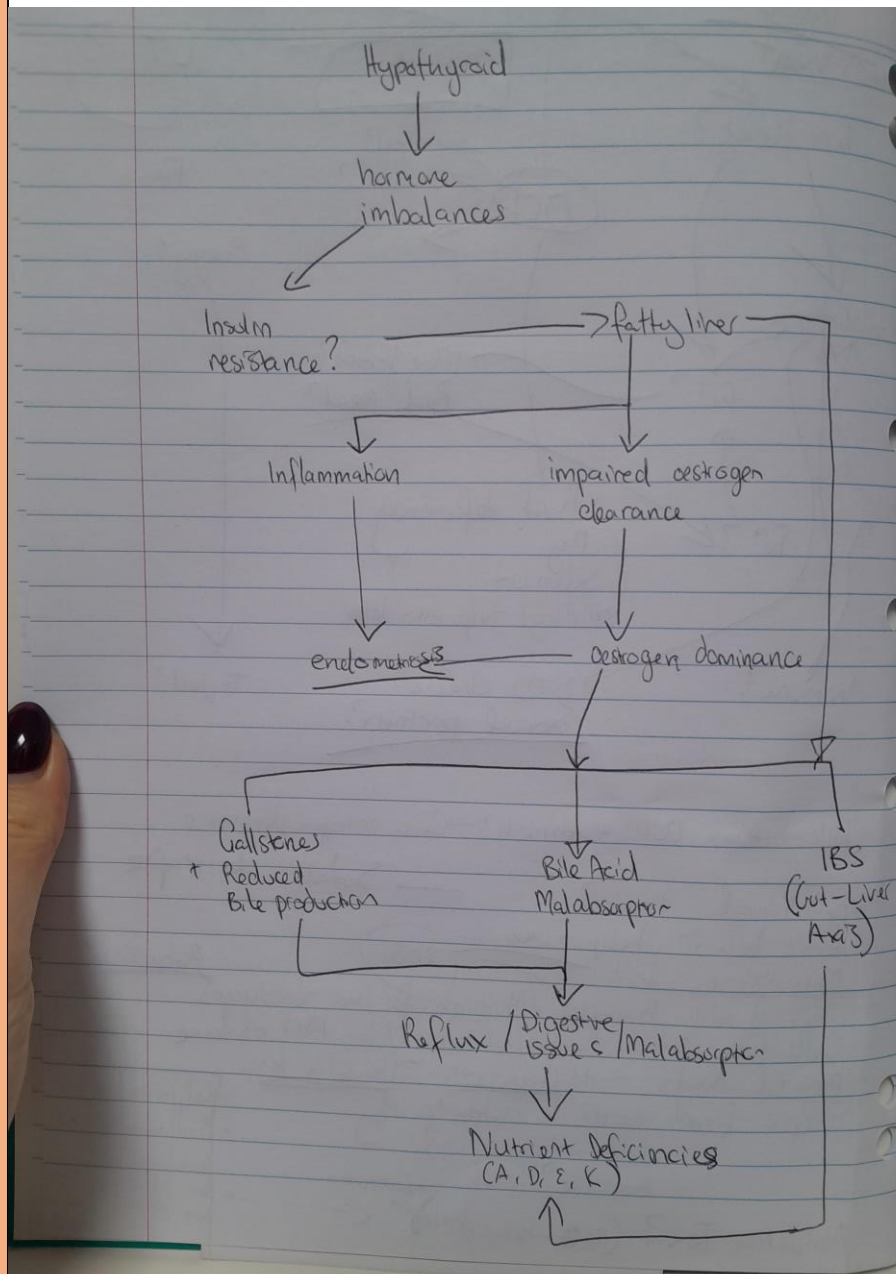
They are very safe and can even be used on animals and children. Positive effects of flower essences may include feelings of peace, greater relaxation, decreased stress, resolution of emotional distresses, forgiveness, understanding, insight, clarity, focus, insight into your life's direction. **Sometimes they help uproot uncomfortable emotions and allow them to come to the surface to be**

	<p>felt and processed.</p> <p>Some flower essences work immediately, others take time for their effects to unfold.</p> <p>Complementary activities such as journaling, meditation, dancing, singing, automatic writing and affirmations are great supportive practices that may help you on your journey and support the actions of the flower essences. Journaling may especially be helpful as a way to document insights gained.</p>
Recipes:	-
Other	<ul style="list-style-type: none"> - Here's some information on the emotional drivers of endometriosis. • This is another rejection of femininity, together with insecurity and deep disappointment in oneself. • However, underneath all this is a raging resentment in the way they have been treated, made worse by the hidden frustration and blame-throwing, which ends up turning on herself. • The womb represents creativity in creating a child, therefore endometriosis represents blocked creativity and passion for life. • With endometriosis, independence can also be challenged, as to be attached to independence is the time one feels most powerful. Having a child may challenge that independence, resulting in feeling controlled and trapped. • Any past abuse or ill-treatment may result in a feeling of resentment at being a female. <p>Here are links to some blog posts I've written about endometriosis. Perhaps you will find them interesting!</p> <p>https://biosoulnaturopathy.com/endometriosis-rejection-of-the-creative-power-within-a-metaphysical-perspective/</p> <p>https://biosoulnaturopathy.com/understanding-and-managing-endometriosis/</p> <p>This is a blog article I wrote about supporting the liver and its links to hormonal health, PMS and more.</p> <p>https://biosoulnaturopathy.com/unlocking-the-secrets-of-a-healthy-liver/</p>
Notes	It was so lovely to meet yourself and your husband. I look forward to seeing you again in approximately 4 weeks when your microbiome mapping results are back in!

I've included one herbal pill in your prescription (Flordis Premular – Vitex Agnus-castus) as I feel this will be beneficial in treating your endometriosis and low progesterone. It is ultimately your choice if you wish to take this.

Please email me if you have any questions!

A flow chart I drew demonstrating how the physiological imbalances are connected.



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.