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TREATMENT PLAN FOR : Hayley Healey

Date: 7/6/24

Health Goals	<ol style="list-style-type: none">1. Investigate and improve GIT function.<ul style="list-style-type: none">-Microbiome map.-Reduce chronic bloat.-Increase gastric emptying-Soothe, protect, repair GIT.2. Implement routine to alleviate some subconscious stress3. Implement night time sleep hygiene to support quality sleep
Diet	<ul style="list-style-type: none">- Abstaining from alcohol (as much as possible -ideally completely) as alcohol causes the following:<ul style="list-style-type: none"><input type="checkbox"/> Direct mucosal damage to the GI tract lining<input type="checkbox"/> Disruption of the gut barrier and increased intestinal permeability (leaky gut)<input type="checkbox"/> Alterations and imbalance in the gut microbiota (dysbiosis)<input type="checkbox"/> Oxidative stress and generation of reactive oxygen species<input type="checkbox"/> Impaired absorption of essential nutrients for gut health<input type="checkbox"/> Dysregulation of the gut-associated immune system<input type="checkbox"/> Alterations in gut motility and contractions<input type="checkbox"/> Conditions like alcoholic gastritis, pancreatitis, and delayed gastric emptying (gastroparesis)- Implement a low carb (not carnivore) diet eg: steak + vegetables (that you think aren't too offensive to your digestive system) for your main meals. This may be restrictive, but the goal is to consume foods that are nutrient dense (like red meat) and not too irritating and gas causing. A very simple diet for the short term while we address your gut issues- Reduce intake of beverages with non-nutritive sweeteners such as sugar free Gatorade, V, no sugar Coke etc as they can be inflammatory on the gut and cause dysbiosis.
Lifestyle	<ul style="list-style-type: none">- Implement a routine!<ul style="list-style-type: none">Set your:-Bed time-Wake up time

	<ul style="list-style-type: none"> - Time you start work - Time you finish work - Time to exercise or go outside/walk/go to beach 3X per week (eg Monday, Thursday, Saturday at 5pm) <p>By creating a schedule and adhering to it you</p> <ol style="list-style-type: none"> 1) reduce anxiety by having a routine- less subconscious anxiety 2) create boundaries in your life – boundaries are needed so we do not feel overwhelmed or violated by external influences. <p>I'll check in with you in a few weeks to see how this is going!</p> <ul style="list-style-type: none"> - Sleep hygiene <ul style="list-style-type: none"> - Ensure you get 7-9 hours per night sleep. Sleep hygiene practices make it easier to fall asleep, easier to stay asleep, and ensure you receive proper rest throughout the night. Sleep hygiene practices include the following: <ol style="list-style-type: none"> 1) Minimising/turning off lights 2-3 hours before bed and avoiding/minimising use of technology with screens. 2) Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature. 3) Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom. 4) Avoid large meals, caffeine, and alcohol before bedtime (Abstain from caffeine from 2pm, have your last meal 3 hours before bedtime) 5) Stick to a routine. Eg. Have the same bed time and waking time every day 6) Allowing morning sunlight to enter your eyes within 30 minutes of waking (10 minutes on a sunny day, 20 on a cloudy day)- this helps set up your circadian rhythm. 7) Viewing late afternoon sunlight for 10 minutes (just before sunset) also sends a message to the brain that it is now time to prepare for the night and to make melatonin. - Complete diet diary please 😊 - Consider enjoyable relaxation activities. Reiki sessions, yoga, sound healing, beach walks barefoot. We NEED to rejuvenate and soothe your nervous system.
Barriers	-
Referral/Investigations	<ul style="list-style-type: none"> - Microbiome mapping – especially to test pancreatic elastase, the enzyme from the pancreas responsible for breaking down foods. When panc elastase isn't being secreted due to cellular damage (such as from autoimmune attack), symptoms of bloating, dybiosis, gas, chronic inflammation, discomfort and nutrient deficiencies occur. I cannot emphasise enough how valuable this test is and it is truly worth investing in your wellbeing, happiness and health by having this done. I make no money from it. <p>*Here is a link to a sample microbiome map so you can see what's tested.</p>

	<p>https://www.nutripath.com.au/wp-content/uploads/2018/07/2206-Complete-Microbiome-Mapping.pdf</p> <p>*Here is a link to a page with a nice summary of pancreatic exocrine insufficiency (low pancreatic elastase).</p> <p>https://badgut.org/information-centre/a-z-digestive-topics/pancreatic-exocrine-insufficiency/</p> <p>-</p>
Prescription	<ul style="list-style-type: none"> - Multigest digestive enzyme <i>I highly recommend you use this product. Take prescribed digestive enzyme before meal.</i> Enzymes will ensure food is broken down so that it can be absorbed. It also has Gentian which is well indicated for individuals with delayed gastric emptying or gastroparesis, as Gentian encourages emptying of the stomach. - GIT Immunobiotic. This is a powder designed to coat, protect and reduce inflammation in the intestines. IT CONTAINS FIBRE. It is up to you if you think this is safe to try. Feel free to google the ingredients and make an informed decision for yourself. A healing gut powder with glutamine (soothing, healing, immune supporting amino acid), slippery elm (a fibre that forms barrier of irritates GIT mucous membranes and lining), pectin (another fibre that soothes the mucous membranes and helps regular bowel movements), and the Saccromyces cerevisiae probiotics. PLEASE NOTE IF YOU GO AHEAD WITH THE MICROBIOME MAPPING STOP TAKING THIS POWDER 2 WEEKS BEFORE YOU DO IT! <p>OR</p> <ul style="list-style-type: none"> - Advanced Medicine Glutamine If you think the GIT Immunobiotic is going to cause discomfort and bloat- just purchase the Advanced Medicine Glutamine pills instead. These will still nourish, reduce inflammation and support healing of the gut lining but without the fibre. <p>So if you think the gut powder will be problematic, opt for the glutamine tablets instead.</p> <ul style="list-style-type: none"> - Fringed Violet Australian Bush Flower Essence. “Fringed Violet bush flower essence is for treating damage to the aura where there has been shock, grief or distress. This remedy maintains psychic protection and is excellent for people who are overly sensitive and drained by others or those who unconsciously absorb the physical and emotional imbalances of others.” <p>Take 3 drops 3 times per day for a week. The just take it before work and in your water bottle</p> <p>https://ausflowers.com.au/products/fringed-violet-flower-essence?gad_source=1&gclid=CjwKCAjwgpCzBhBhEiwAOSQWQe_qYtAu0miSTpF4mJghtX7YNOJ13ciT9UWRlywWltTVvX8nS_jq68xo</p>

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Recipes:	-
Other	<p>- <u>What Are Flower Essences?</u> Flower essences have their origins in 12th century Europe. They contain the life-force and vibrational signature of the plant is imprinted within a water-based matrix.</p> <p>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 essences stimulate the body to bring itself back closer to homeostasis (balance).</p> <p>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 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> <p>- Medical Astrology I am a Medical Astrologer. This means I look at my patient's health through the lens of the ancient art and science of Astrology. I have some information here on Virgo their health tendencies. I thought it was very interesting!</p> <p>Ruled by Mercury Mutable/Earth Nature is cold, dry and adaptable</p> <p>Principle rulership's</p> <ul style="list-style-type: none"> • Small intestines and absorption of nutrients / assimilation • Abdomen / solar plexus • Pancreas • Autonomic nervous system (sympathetic and parasympathetic) • Affinity to hygiene, sanitation and diet <p>Virgo represents the energy of DISCRIMINATION and assimilation</p>

	<p>Common ailments: colic, diarrhoea, problems with the intestines and digestion, hypoglycemia, constipation, diarrhoea, hypochondria, sacrum trouble and food sensitivities.</p> <p>Virgo health is closely connected to their state of mind, with worry and anxiety causing problems on both a physical and mental level. The nervous system can stress the digestive system leading to malabsorption, constipation, wind, and diarrhoea and bloating</p> <ul style="list-style-type: none"> • The condition of their mind = the condition of their health • They become depleted due to overwork/perfectionism • They will forgo sleep and food while concentrating on work, leading to a lack energy and hypoglycemia (low blood sugar) • The Virgo intestines are sensitive to worry, anxiety, travel, lack of daily routine and even the weather • Regular habits/routine must be observed! • To recuperate they need pleasant, peaceful and beautiful surroundings that nurture their souls and keep them calm <p>- Here's an interesting 6 minute clip from a podcast about women and autoimmune disease from Gabor Mate. He speaks about how women absorb stress from the people, especially males around them.</p> <p>https://www.youtube.com/watch?v=taYVjQ0_IdA</p>
Follow Up	<p>If you opt for the microbiome mapping I'd love to see you as soon as those results are in (2 weeks from the date the lab receives your sample).</p> <p>OR</p> <p>If you do not do the microbiome map come in 3 weeks after you've started taking the digestive enzymes and the GIT Immunobiotic OR glutamine tablets & have tried implementing some of the lifestyle suggestions.</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.