

# THE PRACTICE

WELLBEING CENTRE

STUDENT LED CLINIC



TORRENS  
UNIVERSITY  
AUSTRALIA

THINK  
EDUCATION

Milena

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The Practice Wellbeing Centre - Naturopathy

123 Gotha St

Fortitude Valley

07 3270 1040

Student Practitioner: Tiana

8 May 2024

Thank you for attending your appointment with The Practice.

Please find below your prescription as discussed.

## **Product recommendations:**

*Herbs of Gold Sublingual B12*

**Dosage: 3 tablets under the tongue, once a day.**

Flordis Remotiv

Dosage: 1 tablet morning and night

**This can interact with oral contraceptives, so please use other methods of contraception to avoid pregnancy.**

## **Dietary recommendations:**

Continue to increase B12 foods in your diet such as salmon and nutritional yeast.

## **Lifestyle:**

Stress reduction techniques are super important to help your

Taking frequent pauses through the day to reset your nervous system will allow you to show up in a more positive way.

**Some options:**

Download insight timer, there are many free guided meditations you can follow for 5-30 minutes.

Every time you get in/out of the car close your eyes and take 5 deep, slow breaths. Maybe put a sticky note reminder on your dash or your steering wheel to remind yourself to stick to it.

Weekly massages! Even just a 15 minute neck and shoulder massage would be beautiful for replenishing your cup.

**EPSOM SALT BATH:**

1. After turning your device off, fill bath with warm water
2. Add 2 cups of Epsom salts as bath is filling
3. Relax in the bath for 20 mins.

Optional:

Add some Lavender oil to an oil burner for some relaxing aromatherapy while you soak.

**Compounding pharmacies**

Your solutions compounding (Brendale)

Brisbane compounding (Albion)

My life my health

**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]:**

8 May 2024