



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 :

Julia Luck

Date: 17/7/24

Health Goals	<ol style="list-style-type: none"><li>1. Reduce pain from endo (herbs)</li><li>2. Support liver -which will support hormonal metabolism and balance (herbs)</li><li>3. Reduce inflammation and immune system (herbs, reduce coffee)</li><li>4. Reduce energetic stagnation in the pelvic region (herbs, yoga movement)</li><li>5. Address underlying emotional drivers of endo (flower essence)</li></ol>
Diet	<ul style="list-style-type: none"><li>- Maintain 5-8 alcoholic drinks per week. I encourage having days where you have 0 drinks. You have done so well to reduce your intake as much as you have already!</li><li>- Try <b>Matcha</b> powder in drinks (buy a matcha latte to try) Swap out some coffees for matcha. Benefits of matcha include:<ul style="list-style-type: none"><li>*Matcha contains nutrients from the entire plant leaf, with more caffeine and antioxidants than green tea.</li><li>*Antioxidants stabilise free radicals. Free radicals cause damage to your cells and play a role in the development of chronic disease.</li><li>*Matcha's epigallocatechin gallate (a polyphenol) content may inhibit the growth of cancer cells.</li><li>*Matcha contains L-theanine (cognition enhancer), which reduces the jittery effect of caffeine and the caffeine crash.</li><li>* It can induce alpha brain waves (similar to that of a meditative state)</li><li>*Used in the treatment of endo</li><li>*Mood enhancer</li><li>*Matcha provides a longer lasting, smoother buzz than coffee!</li></ul></li><li>- Limit coffee to 2 cups per day</li></ul>
Lifestyle	<ul style="list-style-type: none"><li>- Continue to abstain from vaping (well done!)</li></ul>

Try these yoga exercises! **(Google them if needed for a better demonstration).**

They are designed to help energy flow through the pelvic region. They are also beneficial for relaxation and allowing muscle groups that are often very tense due to endo to relax.

Feel free to do these for 5 – 10 minutes, perhaps on a rug or yoga mat. Can do them watching T.V if you like. I do suggest trying these sometimes and allowing yourself to feel any emotions that come up for you and some of these postures can trigger an emotional response.

1. Malasana (Garland Pose): This gentle yet deep pelvic stretch engages and stretches your lower back, hips, and thighs, bringing circulation to the pelvis.



2. Ananda Balasana (Happy Baby): This hip-opening posture brings circulation to the pelvis and groin, engages the pelvic floor, and stretches the hamstrings.



3. Supta Baddha Konasana (Restorative Goddess Pose): This pose helps calm the nervous system while encouraging circulation and flow through the pelvis and groin. Lie on your back, allow feet to come together and knees to fall apart. Feet can be as close or as far away from groin as required.



4. Seated Torso Circles (Sufi Grind): This practice engages the energies in the lower body and encourages their flow upwards. Gyrate from your girdle. See: <https://youtube.com/shorts/JSF6fhGIDhA?si=7nqZfWPmML8uL6Ss>



5. Mandukasana (Frog Pose): This posture can be intense and may bring forth emotional responses when held for extended periods (such as in yin yoga). It deeply opens the groin and inner thighs to allow energy to flow through the lower pelvic area and upper inner thighs.



6. Ardha Matsyendrasana (Half Lord of the Fishes): This juicy twist stimulates your internal organs. It alleviates tension and nourishes the liver.



#### Barriers

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#### Referral/Investigations

- Blood tests from G.P

#### Prescription

- Isis Flower 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."***

About Flower Essences:

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.

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).

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.**

Some flower essences work immediately, others take time for their effects to unfold.

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>- Herbal 500ml</p> <p><b><u>Schisandra</u></b></p> <p>General tonic/stimulant/restorative, nervous system tonic, mild anti-depressant, anti-stress, adaptogen, adrenal tonic, regulator of blood glucose &amp; mucosal secretions, antioxidant, astringent, anti-tussive, lung tonic, regulates blood pressure, anti-cholesterol, hepatoprotective, oxytocic. Restores liver function.</p> <p><b><u>White Peony</u></b></p> <p>Old traditional Chinese herb. Great for hormone regulation, reducing muscular spasm (cramps), hypothalamic-pituitary-ovarian regulator (balanced hormones)</p> <p><b><u>Dong Quai</u></b></p> <p>Traditional Chinese herb used to promote blood flow through pelvis. Has anti platelet/anticoagulant properties (reduce clots and stagnation), uterine tonic, anti-inflammatory. Primary herb used in treatment of Endo.</p> <p><b><u>Gotu Kola</u></b></p> <p>Wound healer, helps one adapt to stress, cognition enhancer, anti-nociceptive (reduce pain sensation), nervous system tonic.</p> <p><b><u>Calendula</u></b></p> <p>Anti-inflammatory, wound healer, support lymphatic movement and cleansing.</p> <p><b><u>Ginger</u></b></p> <p>Potent anti-inflammatory, reduces cytokines, has a warming energy to release stagnation in pelvis.</p>
<b>Recipes:</b>	-
<b>Other</b>	<p><b>Long Term Goals- Next Appt</b></p> <p>Check blood tests- assess iron, liver, hormonal status.</p> <p>Discuss mental-emotional state since 1<sup>st</sup> appt</p> <p>Discuss how the month of herbs felt</p> <p>Discuss further dietary changes</p> <p>Discuss addition of certain fibres and brassica vegetables</p>

	<p><b>Therapeutic Effects of Green Tea on Endometriosis (Matcha)</b></p> <p>Endometriosis is a chronic disorder characterized by the presence of endometrial glands and stroma outside the uterine cavity. It affects 8%-10% of women in their reproductive years, and represents a major clinical problem with deleterious social, sexual and reproductive consequences. Current treatment options include pain relief, hormonal intervention and surgical removal. However, these treatments are deemed unsatisfactory owing to varying success, significant side effects and high recurrence rates. Green tea and its major bioactive component, (-)-epigallocatechin gallate (EGCG), possess diverse biological properties, particularly anti-angiogenic, anti-proliferation, anti-metastasis, and apoptosis induction. In recent years, preclinical studies have proposed the use of green tea to inhibit the growth of endometriosis. Herein, the aim of this review is to summarize the potential therapeutic effects of green tea on molecular and cellular mechanism through <b>inflammation, oxidative stress, invasion and adhesion, apoptosis and angiogenesis in endometriosis.</b></p> <p>From &lt;<a href="https://pubmed.ncbi.nlm.nih.gov/34620005/">https://pubmed.ncbi.nlm.nih.gov/34620005/</a>&gt;</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.*