

THE PRACTICE

WELLBEING CENTRE

STUDENT LED CLINIC



TORRENS
UNIVERSITY
AUSTRALIA

THINK
EDUCATION

Ella

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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:

MH Peonia lateriflora 1:2 30-60 150

MH Vitex Chastus-agnus 1:2 5-30 25

MH Schisandra chinensis 1:2 25-60 125

MH Rosemarianus officinalis 1:2 15-30 75

MH Centella asiatica 2:1 15-40 75

HE Phytolacca americana 1:5 1-5 5

MH Hypericum perforatum 1:2 15-40 75

Total 530ml

Dosage: 7.5ml in 5ml water 2 x day

Orthoplex Green Hydrozyme

Dosage: Take 1 tablet with each meal, this will assist the breakdown of your food and hopefully improve the symptoms of your chronic cough.

You can source this from most health food shops.

KEEP IN FRIDGE ONCE OPENED

Optimal Rx Zinc ACE

Dosage: 2 tablets in the morning, 1 tablet every second night when not taking iron.

WITH FOOD, as they may cause nausea.

Take 2 hours away from iron as they compete for absorption. This will assist with your skin health and improve skin healing.

Iron

Dosage: 2 tablets every second night after gentian and ginger drops. At least 2 hours away from caffeine, calcium, zinc, or legumes.

Lifestyle:

2-3 drops of rosemary essential oil diluted in 50ml of Vitamin E oil applied topically to the scalp can assist with psoriasis flare up. Leave for a few hours or overnight and wash out with shampoo.

Dry Brushing:

This can be effective for moving lymphatic waste out of the body ie. reducing fluid retention and acne.
Please see handout

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