

# 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

24 Apr 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 60*

*MH Vitex Chastus-agnus 1:2 6-30 10*

*HE Passiflora incarnata 1:2 20-40 40*

*MH Rosemarianus officinalis 1:2 15-30 30*

*MH Centella asiatica 2:1 15-40 30*

*HE Phytolacca americana 1:5 1-5 2*

*MH Hypericum perforatum 1:2 15-40 40*

Total 210ml

**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

Your next appointment is 3:30pm on the 8.5.25. See you then!

**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]:**

24 Apr 2024