

THE PRACTICE

WELLBEING CENTRE

STUDENT LED CLINIC



TORRENS
UNIVERSITY
AUSTRALIA



Ella

0457 633 338

The Practice Wellbeing Centre - Naturopathy

123 Gotha St

Fortitude Valley

07 3270 1040

Student Practitioner: Tiana

9 Apr 2024

Thank you for attending your appointment with The Practice.

Please find below your prescription as discussed.

Product recommendations:

MH Euphrasia spp. 1:2 15-30 30

HE Passiflora incarnata 1:2 20-40 40

MH Avena sativa (seed) 1:2 15-40 40

MH Rosemarianus officinalis 1:2 15-30 30

MH Centella asiatica 2:1 15-40 30

HE Taraxacum officinale 1:1 20-170 40

Total: 210ml

Dosage: 7.5ml in 5ml water 2 x day. If you forget one dose, please take the full 15ml at the next dose.

Dietary recommendations:

Increase healthy fats in diet

eg. Fish (cod is cheap) once a week, sardines, salmon.

Nuts (ideally raw) and seeds, avocado, coconut oil, butter, olive oil.

Lifestyle:

Tea tree oil can be applied for the piercing bump infection and for acne.

Thursday plantation has a great acne gel that can be found at most health food shops.

Apply once daily.

Your next appointment is 24.4.24 at 4pm. 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 [Diana Bowman NHAA156346]:

9 Apr 2024