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TREATMENT PLAN FOR :

Prativa Pandey

Date: 13/7/24

Health Goals	<ol style="list-style-type: none"><li>1. Prevent further gall stones (herbs and diet)</li><li>2. Support liver repair (herbs)</li><li>3. Support bile production (herbs and diet)</li><li>4. Restore gut microbiome (probiotics, bile flow)</li><li>5. Reduce cholesterol (fibre)</li><li>6. Increase iron intake and absorption (supplement, probiotics, diet)</li></ol>
Diet	<ul style="list-style-type: none"><li>- Continue with your diet plan from the nutritionist</li><li>- Focus on incorporating lots of <b>fibre</b> in your diet (<b>legumes, seeds, psyllium</b> husk). Among many things, this will help reduce your cholesterol and help you form health bile.</li><li>- Reduce/eliminate when possible <b>gluten/wheat</b></li></ul>
Lifestyle	<ul style="list-style-type: none"><li>- Arts, painting, singing and dancing please to support your Moon/Fertility/Sacral chakra. I would love to see what you paint.</li></ul>
Barriers	-
Referral/Investigations	-
Prescription	<ul style="list-style-type: none"><li>- Ayurvedic irons supplement</li><li>- Herbal Medicine. St Mary's Thistle and Schisandra (7ml once per day).</li><li>- Probiotics – finish the ones you already have first. 1 per day.</li><li>- Pure Natal – prenatal multivitamin 1 per day</li></ul>
Recipes:	-
Other	<p>Come back for a naturopathic appointment in approximately 6 weeks. Then we can see how you are going. If something happens before then you are welcome to come back when you need.</p> <p>We are fixing your digestion/liver/gall bladder first. This will help your reproductive health and hopefully reduce your endometriosis. Once your liver/digestion/gall bladder is functioning well, we can then address fertility more directly.</p>

	Well done on correcting your thyroid!

*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.*