



Ashleigh van Nierop. Naturopath
BHSc (Nat), Bach Comp Med. Member ANTA.
Ash@biosoulnaturopathy.com
www.Biosoulnaturopathy.com

TREATMENT PLAN FOR :

Jasmine Roberts

Date: 20/7/24

Health Goals	<p>Short Term (next 2 weeks)</p> <ol style="list-style-type: none">1. Improve stool consistency from type 1-2 (hard) to type 3-4 (soft, formed) by taking slippery elm, increasing fibre (kiwi fruit).2. Improve bowel movement regularity (1-2 full movements per day) by taking slippery elm, increasing fibre, using mindfulness techniques that connect mind to bowels.3. Encourage complete bowel movements by increasing fibre and relaxation (GABA).4. Reduce feelings of anxiety/tension to relax intestines (GABA)5. Avoid anxiety/tension inducing substances - ie caffeine. Swap coffee for Matcha!6. Identify any trigger foods -diet diary. <p>Long Term</p> <ol style="list-style-type: none">1. Regular bowel movements2. Increase protein intake3. Blood testing - general4. Regulate nervous system.5. Consider B vitamin supplementation6. Investigate any food intolerances
Diet	<ul style="list-style-type: none">- Consume 2 kiwi fruit each day (skin on!). 2 kiwi per day have been shown to relieve constipation and improve bowel movement frequency in clinical trials.- Reduce coffee intake – even decaf has caffeine. Swap for a matcha. Try matcha with oat milk!

	<ul style="list-style-type: none"> - To ensure you get all essential amino acids on a vegan diet, it's important to consume protein from a variety of plant sources. Some excellent vegan protein sources include legumes (beans, lentils, chickpeas), whole grains (quinoa, brown rice), nuts and seeds (almonds, chia seeds), soy products (tofu, tempeh), and plant-based protein powders. - Aim for 2L water each day – lack of hydration can make for difficult bowel movements and hard stools. - Complete diet diary
Lifestyle	<ul style="list-style-type: none"> - Toilet mindfulness exercise. Each morning after your tea/fluids breakfast, take a few minutes to sit comfortably on the toilet. Close your eyes, take deep breaths, and focus on relaxing your abdominal muscles. Remind yourself, "This is my time for a bowel movement." Your gut contains millions of neurons, forming a complex nervous system often called the "second brain," so this mind-gut connection is very real and powerful. By establishing this routine and mindful practice, you're creating a supportive environment for your body's natural rhythms. - Get curious about pagan or wicca rituals to connect you to the frequency of the earth, to provide regular rhythms, protection, grounding. Alternately, you can intuitively create a ritual to protect yourself from any external energy that is not bringing you unconditional love, light and support. - Consider a supplementary practice (Kinesiology, Reiki, breathwork, holistic counselling) to help guide you through any energetic patterns that may be driving digestive issues.
Barriers	<ul style="list-style-type: none"> - Emotional patterns, possible food intolerances.
Referral/Investigations	<ul style="list-style-type: none"> - Eventually we should look at having general blood tests done to ensure everything is functioning well and to identify any risk areas so we can prevent issues down the track.
Prescription	<ul style="list-style-type: none"> - GABA and Slippery Elm Bark. 2 scoops twice per day into water or juice. Must be consumed with sufficient liquid otherwise it will form a "dough" in your GIT. - Coles supermarket sells matcha (2 diff brands – both are good!)
Recipes:	<ul style="list-style-type: none"> - Just some ideas for yummy foods that have more protein. Increasing protein and fibre helps regulate blood sugar levels,

	<p>helping avoid becoming hangry.</p> <ul style="list-style-type: none"> - Silken tofu choc mousse https://sweetsimplevegan.com/silken-tofu-chocolate-mousse/ - Protein peanut butter cookies https://sweetsimplevegan.com/silken-tofu-chocolate-mousse/ - Consider making your own hummus – you can add heaps of tahini which also has protein but a good amount of calcium too (hard to get good calcium sources on vegan diet) - Fried tofu with homemade peanut butter satay sauce - Protein shakes- add fruits, nut butters, hemp protein etc. Loads of fibre, protein, fills you up.
Other	<p>- Try Matcha lattes/Matcha tea at home.</p> <p>Benefits of matcha include:</p> <ul style="list-style-type: none"> *Matcha contains nutrients from the entire plant leaf, with more caffeine and antioxidants than green tea. *Antioxidants stabilise free radicals. Free radicals cause damage to your cells and play a role in the development of chronic disease. *Matcha's epigallocatechin gallate (a polyphenol) content may inhibit the growth of cancer cells. *Matcha contains L-theanine (cognition enhancer), which reduces the jittery effect of caffeine and the caffeine crash. * It can induce alpha brain waves (like that of a meditative state) *Used in the treatment of endo *Mood enhancer *Matcha provides a longer lasting, smoother buzz than coffee!

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.