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TREATMENT PLAN FOR :

Jasmine Roberts

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Health Goals	<ol style="list-style-type: none">1. Continue to improve bowel movements (regularity, consistency, complete movement) by taking compounded powder, 2x kiwi per day, hydration, toilet mindfulness.2. Reduce anxiety to help GIT symptoms (reduce tension) by taking bush flower essences, addressing any stressful situations that can be avoided (morning car rides), GABA, L-theanine, matcha.3. Evaluate if you have any food intolerances by eliminating wheat gluten from diet for 2 weeks.
Diet	<ul style="list-style-type: none">- Eliminate wheat gluten for ideally 2 weeks and assess if frequency/severity of cramping reduces, and if you observe any improvements in bowel movements, consistency- Continue to enjoy a variety of plant foods – variety is great for supporting the microbiome and most plant foods are high in fibre!- Continue to enjoy matcha :D- Continue to maintain ~2L water daily.- Just for interest, here are some zinc rich foods you may want to incorporate more of into your diet. Zinc is required to make stomach acid and synthesise digestive enzymes. Cashews- 2nd richest source of zinc of all the nuts! Legumes up to 9mg per 1 cup Oatmeal Firm tofu Pumpkin seeds & Seeds in general Shiitake mushrooms mushrooms spinach

	chickpeas Sweet potato Dark chocolate (70% or above)
Lifestyle	<ul style="list-style-type: none"> - Continue to have mindful bowel movements- Strengthen that gut-brain connection. It'll continue to help you in the long run identify when your anxiety is triggering you gut/bowels. Uncomfortable feelings in the bowel/GIT can be tuned into by your brain and heart, and eventually you may get signals or messages as to what the emotion/situation is that is causing that. - Reiki if you are interested – to help shift energies around parents.
Barriers	<ul style="list-style-type: none"> - Time required to switch to GF trial diet, finding GF alternatives you enjoy. Take time to go shopping and try a few new products before you 100% commit to you GF week(s). There are some great GF options and products available.
Referral/Investigations	<ul style="list-style-type: none"> - Long Term: <ul style="list-style-type: none"> - We should consider checking thyroid function, iron studies, liver function to ensure that there is not an underlying endocrine issue contributing to constipation as this is very common. -Microbiome mapping is an option if things don't improve very long term
Prescription	<ul style="list-style-type: none"> - GABA, Slippery Elm, L-Theanine. 4 weeks worth. 1 scoop 2x daily with water. - Australian Bush Flower Essences. Bottlebrush and Fringed Violet. - Try have a relaxing trip to work where you are not late. See how your gut feels!
Recipes:	-
Other	<p>Info on flower essences:</p> <p>Flower essences have their origins in 12th century Europe. They contain the life-force and vibrational signature of the plant is imprinted within a water-based matrix.</p> <p>They have no effect on the human body on a bio-chemical level, rather they act upon resonating within the human energy field which in turn has an effect on emotional, spiritual and physical health. Through this effect upon our energy field, the flower essences stimulate the body to</p>

	<p>bring itself back closer to homeostasis (balance).</p> <p>They are very safe and can even be used on animals and children. Positive effects of flower essences may include feelings of peace, greater relaxation, decreased stress, resolution of emotional distresses, forgiveness, understanding, insight, clarity, focus, insight into your life's direction. Sometimes they help uproot uncomfortable emotions and allow them to come to the surface to be felt and processed. Some flower essences work immediately, others take time for their effects to unfold.</p> <p>Complementary activities such as journaling, meditation, dancing, singing, automatic writing and affirmations are great supportive practices that may help you on your journey and support the actions of the flower essences. Journaling may especially be helpful as a way to document insights gained.</p> <p>FRINGED VIOLET: Fringed Violet bush flower essence is for treating damage to the aura where there has been shock, grief or distress. This remedy maintains psychic protection and is excellent for people who are overly sensitive and drained by others or those who unconsciously absorb the physical and emotional imbalances of others.</p> <p>BOTTLEBRUSH: Unresolved mother issues, overwhelmed by major life changes. Promotes serenity and calm; ability to cope and move on. Letting go emotionally and physically (constipation).</p>

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.