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TREATMENT PLAN FOR :

Jasmine Roberts

Date: 2/9/24

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| Health Goals | <ol style="list-style-type: none">1. Continue to improve bowel movements (regularity, consistency, complete movement, discomfort) by taking compounded powder, hydration, toilet mindfulness.2. Reduce anxiety to help GIT symptoms (reduce tension) addressing any stressful situations that can be avoided (morning car rides), GABA, L-theanine, matcha, finding routine, saffron.3. Evaluate if you have any food intolerances driving GIT issues by eliminating wheat gluten from diet for an additional 3 weeks. |
| Diet | <ul style="list-style-type: none">- Eliminate wheat gluten for an additional 3 weeks and assess if frequency/severity of cramping reduces, and if you observe any improvements in bowel movements, consistency and overall mood. If gluten is an issue, it can cause subtle systemic inflammation that can take days or weeks to resolve.- Go shopping and stock up on GF foods, snacks so you don't have to reach for a wheat product when tired at the end of the day. |
| Lifestyle | <ul style="list-style-type: none">- Find yourself routine to reduced anxiety and promote self-focus. E.g.: 7am wake up – 500mls of water with saffron 7:30 - breakfast 8am- bowel movement then shower. Use shower as a meditative moment to reset your energy and cleanse energy field. |
| Barriers | <ul style="list-style-type: none">- Time |
| Referral/Investigations | <ul style="list-style-type: none">- Iron studies and thyroid profile to be completed at clinical labs. I'll email you when results are in. |

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| Prescription | <ul style="list-style-type: none"> - Saffron. 1-2 drops in water daily. - GABA, Slippery Elm, L-Theanine. 1 scoop daily - Return appt in 4 weeks. |
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| Recipes: | - |
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| Other | <p>More info about saffron:</p> <p>Saffron is the common name for the stigmas from the flowers of <i>Crocus sativus</i> L. Saffron is exclusively obtained from cultivation. The word saffron derives from the Arab word <i>zafaran</i>, meaning yellow, and it was mentioned as far back as 1500 B.C.</p> <p>The use of saffron as an adaptogen is documented in Indian Ayurvedic medicine. Significant anti-stress effects and anxiolytic properties have been evidenced in animal experiments and human studies.</p> <p>Saffron is frequently employed to aid in the mending of emotional wounds and the enhancement of inner tranquility. By assisting in the release of outdated thought patterns, it paves the way for embracing fresh opportunities in our journey.</p> <p>Furthermore, saffron possesses potent protective qualities that can shield us from negative energies. Whether worn as an amulet or strategically placed within our living spaces, it serves as a barrier against harm, ensuring our well-being.</p> <p>In medical astrology, saffron is a plant medicine to strengthen your Sun energy (vitality). Promotes self esteem, digestion, energetic protection, radiance)</p>  |

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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.