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TREATMENT PLAN FOR :

Claire Hickling

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Health Goals	<p>Short-term goals (1-3 months):</p> <ol style="list-style-type: none">1. Improve immune function: Address recurrent colds and lethargy through herbal medicine and dietary changes. Fortify the immune system. This will be achieved by implementing a 3-week herbal regimen and transitioning towards a paleo-style diet.2. Regulate bowel movements: Alleviate chronic constipation and reduce reliance on laxatives. This will be accomplished through herbal medicine that increases bile flow and have a mild laxative effect, and dietary modifications.3. Manage stress: Begin to find small ways to reduce caregiver burden and guilt associated with father's care. Delegate when possible - especially after paperwork is complete. This will be supported by the herbal medicine, using the Bottle Brush flower essence and exploring stress management techniques. <p>Medium-term goals (3-6 months):</p> <ol style="list-style-type: none">1. Manage psoriasis symptoms: Reduce flare-ups and improve skin health. This will be achieved through a combination of herbal medicine, dietary changes, and stress management.2. Support liver function: Address a potentially overburdened liver, and aid in overall detoxification. This will be accomplished through herbal liver support and dietary modifications.3. Optimise digestive health: Improve GORD symptoms and reduce bloating. This will be achieved by increasing protein intake, herbal medicine, identifying trigger foods, and implementing dietary changes. <p>Long-term goals (6-12 months):</p> <ol style="list-style-type: none">1. Maintain healthy cholesterol levels: Prevent further increase in borderline high cholesterol. This will be accomplished through dietary
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	<p>changes, particularly focusing on the blood type O diet recommendations.</p> <p>2. Establish sustainable self-care practices: Develop strategies to balance work, family responsibilities, and personal health. This will be achieved by regularly reviewing and adjusting the treatment plan, and incorporating stress management techniques into daily life.</p>
Diet	<ul style="list-style-type: none"> - Gradually moving to a paleo-type way of eating aligned with the blood type O diet. (*See "Other" below for more information). There are some slight differences between the two, but overall very similar diets so don't worry if one way of eating permits one food and the other doesn't. The overall aim is to eat lots of protein and avoiding grains. - You have high stomach acidity - feed yourself animal protein to give that stomach acid "something to do" - Continue to enjoy paleo/blood type O foods such as (but not limited to) sweet potato, pumpkins, salad greens, walnuts, pumpkin seeds, blue berries, figs, bananas, capsicums.

	<ul style="list-style-type: none"> - When grocery shopping, see if you can discover some foods you can swap out your gluten free toast and crackers (staple foods that contain corn or grains) for. <p>E.g. Olina's seeded crackers</p>    <p>Venerdi Paleo Seeded bread – GF, DF (order online if not local)</p>
<p>Lifestyle</p>	<ul style="list-style-type: none"> - When possible delegate others to help you where you can. Know that it is OK to say “no” at times. If you don’t look after yourself now, your body will force you to stop at a later inconvenient time – as soon as you have finished the paperwork for your father, please make arrangements that allow you to have more time to rest - Guilt is an unproductive emotion. I understand why you feel it but it can trigger a host of physical symptoms and is

	<p>associated with auto-immune issues (emotionally turning on yourself = your immune system turning on you).</p> <p>-</p>
Barriers	-
Referral/Investigations	- See G.P. for blood testing – See referral letter.
Prescription	<p>- Herbal medicine: 10mL 2 times per day</p> <p>Yellow dock, Aniseed, Burdock, Eleuthero (Siberian Ginseng), Gotu Kola, Passionflower, Baical skullcap.</p> <p>- Australian Bush Flower Essence: Bottlebrush. 7 drops under the tongue upon awakening and before bed. Optional extra add 7 drops to your water bottle. Take until finished.</p> <p>Bottlebrush Essence helps people move through major life changes and the overwhelm that often goes with those changes, especially retirement, menopause, adolescence or death, etc.</p> <p>On a physical level, Bottlebrush can alleviate constipation, as it acts like a brush for the colon, helping one to let go and release.</p>
Recipes:	-
Other	<p>- Emotional root of physical disturbances: Food for thought</p> <p>Constipation: unable to let go of a situation, unable to move on, need for control, to “hold on too tightly” to a situation or circumstance</p> <p>Immune: Immune system suffers when our boundaries are violated- either because others are asking too much from us, or we are demanding too much from ourselves and fail to say no and assert proper boundaries.</p> <p>Liver/Gallbladder: Repressed anger, bitter resentment</p> <p>Skin: Repressed anger is reflected in the skin, repressed emotions in general. The skin represents our armour, our shell.</p> <p>- Here’s a website with a good basic explanation of the paleo diet: https://www.webmd.com/diet/a-z/paleo-diet</p>

- **Here's some further information on the blood type diet:**

As humans migrated and were forced to adapt their diets to local conditions, the new diets provoked changes in their digestive tracts and immune systems, necessary for them to first survive and later thrive in their new habitats. Different foods metabolised in a unique manner by each ABO blood group probably resulted in that blood group achieving a certain level of susceptibility (good or bad) to the endemic bacteria, viruses and parasites of the area.

The evolution of the ABO blood types is thought to be influenced by natural selection and genetic adaptation to different environments. For example, individuals with blood type A are believed to have evolved in agrarian societies where agriculture and vegetarian diets were common. In contrast, blood type B is associated with populations that historically relied more on animal husbandry and consumed dairy products. Blood type O is considered the ancestral blood type, dating back to early human populations, and is associated with a more carnivorous diet.

Blood Type O

Carnivore diet

Hunter gatherer ancestry from Africa.

Individuals with blood type O tend to have higher levels of stomach acid, which is significant because this blood type possesses a well-developed capacity to digest meals containing both protein and fat. This is attributed to the increased secretion of two important substances in the digestive tract: intestinal alkaline phosphatase, an enzyme, and ApoB48, a lipoprotein. These digestive factors greatly enhance the ability of blood type O individuals to metabolize cholesterol found in animal products more efficiently. Moreover, they facilitate improved healing of the digestive tract and enhanced assimilation of calcium. However, these strengths come at a price. In the case of blood type O, simple carbohydrates, particularly those derived from grains, are more readily converted into fats and triglycerides. Additionally, many grains contain lectins, which are reactive proteins that can trigger an immune response in blood type O individuals, leading to undesired inflammation and autoimmunity.

It is worth noting that individuals with blood type O may have a higher susceptibility to certain health conditions, such as ulcers and thyroid disorders.

For more information see the word of Dr D'Adamo:

	<p>https://dadamo.com/dadamo2024/</p> <p>- What are 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 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.</p> <p>Some flower essences work immediately, others take time for their effects to unfold.</p>
Return:	Return in 3 weeks so we can evaluate bloods and how herbal medicine has worked. Request a copy of your bloods and if possible send them to me a few days before the appointment and I can look at them before I see you next!

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.