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TREATMENT PLAN FOR : Felicity Baxter

Date: 8/10/24

Health Goals	<ol style="list-style-type: none">1. Identify origin of arthritic pain (osteoarthritis- wear and tear or rheumatoid arthritis- autoimmune).2. Reduce joint pain3. Improve vaginal skin integrity
Diet	<ol style="list-style-type: none">1. No formal changes as yet- consider trying the meal plan I left with Russell. It helps reduce systemic inflammation by means of improving blood glucose levels and liver support.
Lifestyle	<ol style="list-style-type: none">1. Consult with G.P. about joint pain. Request imaging and blood tests to identify the cause of the joint pain (osteo or rheumatoid). I am guessing it is osteo but let's be sure! Ask for bone density scan too. Is good to know the state of your bones post menopause. Send me the results too!2. Make all changes possible to minimise discomfort/joint pain in workplace. Consider different desk set ups, consulting an OT, wrist braces etc. Alternately a physio may be helpful here- someone who works with the mechanical structures of the body.3. Don't over-exert yourself exercising. Be mindful of how your body feels on weeks when you engage in more exercise. Swimming may be a more joint friendly exercise to alternate with.
Barriers	<ol style="list-style-type: none">1. If this is osteoarthritis, it is generally considered irreversible, so the goal is to reduce further degeneration or damage. However, there are some promising therapies that can reduce the pain and degenerative process. This is the website for a stem cell Doctor in Perth. I've met him

	<p>before and he is exceptional. It may be worth having a consult with him, or at least discussing with reception if his therapies are appropriate for your condition. I believe they will be. Read through his website about the services he offers.</p> <p>https://jointmedicine.com.au/ Dr Robert Simons</p>
Referral/Investigations	<p>1. GP. As mentioned above.</p>
Prescription	<p>1. Continue with the prescription from the other Nat. I will create my own prescription for you, so if hers doesn't work try this one. However, if the one she provided does work- go with that!</p> <p>My prescription is:</p> <p>BioPractica Basica Active 300g Basica ActivE is a supplement rich in alkaline minerals, supporting acid-alkaline balance. It may help improve the stress response. Lower acid levels may reduce levels of circulating glucocorticoids. It supports healthy bone mineral density. Increased acid levels can cause loss of calcium and magnesium via the urine. It supports healthy detoxification and mains the health of the liver. It assists energy metabolism in the body.</p> <p>Metagenics SPM Active 30c High potency concentrated Omega 3 fish oils. Potent anti inflammatory actions. 1 in 3 Australians live with at least one chronic inflammatory condition including arthritis and other musculoskeletal disorders, cardiovascular disease and diabetes mellitus. These health issues are characterised by inflammatory processes disrupting healing and driving chronic states indicating the need for SPMs to help support healthy resolution outcomes.</p> <p>Orthoplex Green InflammAid Plus 60t Orthoplex Green InflammAid Plus is a comprehensive multi-targeted formula designed for those suffering from a range of musculoskeletal aches and pains. It contains Devil's Claw and Celery traditionally used in Western herbal medicine to relieve mild inflammation; mild joint and muscle pain; mild tissue oedema and for symptomatic relief of occasional episodes of gout. It combines these traditional analgesic herbs with 8g of White Willow per tablet, along with Boswellia, Turmeric and Ginger. Several of the herbs in InflammAid Plus are standardised, including the active constituents salicin, harpagoside, boswellic acids and curcuminoids.</p>

	<p>2. Cream/balm. Contains shea, flax seed oil, hemp seed oil, pumpkin seed oil, fennel essential oil. A balm that is nourishing, moisturising, high in naturally occurring zinc for skin repair and phyto-oestrogens.</p> <p>3. Herbal Medicine. Shatavari and Rhodiola.</p> <p>Asparagus racemosa (Shatavari):</p> <ol style="list-style-type: none"> 1. Traditionally used in Ayurvedic medicine 2. phytoestrogenic properties (plant oestrogens) 3. supports female reproductive health 4. adaptogenic qualities 5. supports digestive health 6. anti-inflammatory properties 7. antioxidant effects 8. aphrodisiac <p>First mentioned in the Rig Veda and Atharva Veda, Shatavari has been used for thousands of years as an aphrodisiac; a powerful <i>rasayan</i> promoting strength, youthfulness, memory and intelligence; and <i>hridayam</i>, uplifting for the heart. The word Shatavari literally translates to “she who has hundreds of husbands” or “curer of one hundred diseases” and is widely used today as a female reproductive tonic. In Ayurveda, this plant is known as the “Queen of herbs”, because it promotes love and devotion. Its sweet and cooling properties are used for fever, dyspepsia and gastric ulcers. <i>A. racemosus</i> root is adaptogenic, antiulcer, antioxidant, antidepressant, antidiarrhoeal, immunomodulatory, anti-candidal and anti-diabetic. This herb is a blessing to women at any stage of their lives.</p> <p>From https://www.saraswatiayurveda.com/blog/2019/9/8/shatavari</p> <p>Rhodiola rosea:</p> <ol style="list-style-type: none"> 1. adaptogenic herb (improve resilience to stress) 2. help the body respond to stress 3. reduce fatigue 4. supports cognitive function 5. mood-stabilizing properties 6. benefits for exercise performance 7. support immune function 8. antioxidant effects
Recipes:	-
Other	Check in at Xmas!

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.