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TREATMENT PLAN FOR : Michelle Walsh

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Health Goals	<ol style="list-style-type: none">1. Reduce bloating2. Improved overall energy and feeling of wellbeing3. Reduce feelings of psychological stress <p>- This is a 3 week detox trial 😊</p>
Diet	<ol style="list-style-type: none">1. Trial paleo diet for 3 weeks, eliminate grains and dairy. Think of this as a “reset and detox”. You may find sweet potato also needs to be eliminated for a little while as it is high in starch and may cause bloating <p>I realise changing your diet can be a big task. It takes time to explain to your partner, do grocery shopping, meal plan etc.</p> <p>Carbs and starches that aren't fully digested can feed bacteria in your gut, potentially leading to bloating. This can happen for two main reasons:</p> <ol style="list-style-type: none">1. Bacterial overgrowth or imbalance: Excess bacteria in your intestines may rapidly ferment undigested carbs, producing gas as a byproduct. This gas builds up, causing bloating and discomfort.2. Ineffective food breakdown: If you're not digesting food properly, more undigested carbs reach your lower intestine. There, bacteria ferment them, again producing excess gas and bloating. <p>In both cases, the core issue is undigested carbs becoming food for gut bacteria, resulting in gas production and bloating.</p> <p>Two potential solutions to help manage this bloating:</p> <ol style="list-style-type: none">1. Digestive enzymes: If your bloating is caused by ineffective food breakdown, digestive enzyme supplements may help. These enzymes assist your body in breaking down carbs and starches more completely in the upper

digestive tract. This leaves less undigested food for gut bacteria to ferment, potentially reducing gas and bloating.

2. Reducing starchy foods:

Temporarily reducing your intake of starchy foods can help alleviate symptoms while we work on addressing the underlying issue (See Paleo diet guide). This includes food such as:

- Bread
- Rice
- Grains
- Oats
- Potatoes
- Legumes

By decreasing these starchy foods in your diet, you're providing less fuel for gut bacteria to ferment, which may reduce gas production and bloating. This dietary change, combined with other treatments, can help manage your symptoms as we work to improve your digestive health.

Remember, these are temporary measures. The goal is to identify and treat the root cause of your digestive issues, whether it's bacterial overgrowth, enzyme deficiency, or another factor.

2. Dandelion root tea. Dandelion root tea can be a beneficial addition to your daily routine to support liver function. Based on your health history, including past smoking, use of the Implanon contraceptive, and the presence of psoriasis, your liver may be experiencing some additional strain.

Here's why dandelion root tea may be helpful:

- Liver support: Dandelion root contains compounds that can help stimulate liver function and promote the production of bile, which aids in digestion and helps remove toxins from the body.
- Skin-liver-gut connection: The health of your liver is closely linked to both your skin and gut health. By supporting your liver, you may see improvements in your psoriasis and overall digestive function.
- Gentle detoxification: Dandelion root has mild diuretic properties, which can help your body eliminate toxins more efficiently.

Suggestion: Try incorporating 1 cup of dandelion root tea into your daily routine. You can have it at any time of day, but many people find it beneficial to drink it in the morning or between meals.

Brewing instructions:

- Steep tea bag OR 1-2 teaspoons of dried dandelion root in hot water for 10-15 minutes.
- Strain and enjoy.

I've added a tea to your Osborne account to try. Otherwise BonVit dandelion root tea with chicory is available at Woolworths and is also

	<p>good.</p> <p>3. Diet Diary- Fill in for 3-7 days.</p>
Lifestyle	<ul style="list-style-type: none"> - Consider what in your life may be causing you conscious and subconscious stress, fear, guilt. Can you resolve these? Can you make changes that will lessen the burden these are putting on your body? - Consider energy work- Reiki, Kinesiology to help nervous system relax, shift negative emotional patterns and blockages.
Barriers	<ul style="list-style-type: none"> - Stress caused by moving to Aus, and needing to move back to Ireland- this can make a person “ungrounded” and cause nervous system dysregulation which can cascade into GIT issues. - Worry about what others back home may think. - Smoking
Referral/Investigations	<ul style="list-style-type: none"> - In the longer term if we struggle to resolve your bloating there is the option of having a Microbiome Map- this is a stool test that reveals everything that is going on in your digestive system, levels of fungi, yeasts, pathogens, bacteria, digestive enzymes, it reveals how well you’re digesting your foods, what enzymes may not be working etc. It is rather costly (approx \$400) so we will use this as a last option. - We may consider blood testing in the future if necessary.
Prescription	<ul style="list-style-type: none"> - Digestive enzymes – Osborne prescription. 2 before each meal. - Herbal medicine <p>Bottle 1. Valerian. 60ml for 3 weeks.</p> <p>Bottle 2. Siberian ginseng 90ml Rehmannia 45ml Burdock 75ml for 3 weeks.</p> <p>Here's a brief description of each herb</p> <p>1. Siberian ginseng (Eleutherococcus senticosus):</p> <ul style="list-style-type: none"> - Also known as eleuthero - Adaptogenic herb that helps the body cope with stress

- Boosts energy and immune function
- Improves mental clarity and physical endurance
- Helps alleviate fatigue in people feeling run down

2. **Rehmannia** (*Rehmannia glutinosa*):

- Traditional Chinese herb often used for skin conditions
- Anti-inflammatory properties
- Supports adrenal function, which can help with stress and fatigue
- Some studies suggest it might help manage autoimmune conditions
- Beneficial for psoriasis due to its skin-supporting properties

3. **Burdock** (*Arctium lappa*):

- Known for its blood-purifying and skin-clearing properties
- Contains inulin, a prebiotic fiber that supports gut health
- Anti-inflammatory and antioxidant effects
- Traditionally used to support liver function
- Can help with psoriasis symptoms by supporting skin health and detoxification

For someone feeling run down with psoriasis, these herbs work synergistically:

- Siberian ginseng helps boost energy and resilience
- Rehmannia supports skin health and reduce inflammation
- Burdock aids in detoxification and provide additional skin support

-Valerian

Valerian (*Valeriana officinalis*) is an herb known for its calming and sedative properties, which can be particularly beneficial for someone with a dysregulated, overactive nervous system. Here's how it may help:

1. **GABA enhancement:** Valerian is believed to increase levels of gamma-aminobutyric acid (GABA) in the brain. GABA is a neurotransmitter that helps regulate nerve impulses, promoting relaxation and reducing anxiety.
2. **Nervous system depressant:** It acts as a mild depressant on the central nervous system, helping to quiet an overactive mind and reduce feelings of restlessness or nervousness.
3. **Muscle relaxation:** Valerian can help relax tense muscles, which is often a physical manifestation of an overactive nervous system.
4. **Sleep improvement:** For those whose overactive nervous system interferes with sleep, valerian may help improve sleep quality and reduce the time it takes to fall asleep.
5. **Stress reduction:** Regular use may help lower overall stress levels and improve stress resilience.

	<p>6. Anxiety relief: Some studies suggest valerian can help reduce symptoms of anxiety, which often accompanies an overactive nervous system.</p> <p>By promoting relaxation and calmness throughout the body and mind, valerian can help bring a dysregulated nervous system back into balance, allowing for a greater sense of calm and well-being.</p>
Recipes:	<p>Most of the best paleo recipes involve meat/protein + vegetables+ olive oil + seasoning/herbs +airfry/bake.fry.</p> <p>Swap burger buns for lettuce buns</p> <p>Eliminate pastas and rice and load up on meat and veg.</p> <p>Bacon makes everything yummier</p> <p>Try coconut yoghurt + nut butter + berries for a sweet breakfast idea.</p> <p>Or smoothies: frozen berries, protein powder (Amazonia or Paleo Pro are 2 examples of paleo friendly protein powders), coconut yoghurt, seeds, nut butters, etc</p> <p>These websites have some nice recipes ideas.</p> <p>https://paleoleap.com/quick-paleo-meals/</p> <p>https://www.paleorunningmomma.com/30-paleo-meals-ready-in-30-minutes/</p>
Other	<p>Return in 3 weeks for follow up appointment</p> <p>Feel free to email me with any questions! 😊</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.