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TREATMENT PLAN FOR :

Michelle Walsh

Date: 9/11/24

Health Goals	<ol style="list-style-type: none">1. Continue to reduce bloating (diet)2. Continue to support mood (diet, exercise, valerian)3. Consider investigation of hormones (repro and thyroid)
Diet	<ul style="list-style-type: none">- Maintain current diet- more protein, less starch/carbs, more veg. Avoiding processed sugars (cookies, candy, cakes etc)- Take note of any foods you may find trigger the bloating
Lifestyle	<ul style="list-style-type: none">- Keep going to the gym! Exercise can lead to increased levels of endorphins and serotonin, which are associated with improved mood and reduced stress.
Barriers	-
Referral/Investigations	<ul style="list-style-type: none">- Possibly getting hormones checked- please let me know if you want me to organise this.
Prescription	<ul style="list-style-type: none">- Valerian (5 weeks' worth) 2.8ml per day To help with mood
Recipes:	-
Other	<p>Come see me again just after Xmas! Have a lovely holiday season 😊</p> <p>Psoriasis: Think of psoriasis as your body's alarm system going off, partly triggered by stress and an overactive immune response. Your gut health plays a surprising role here - it's like a control center for your immune system, and when it's out of balance, it can make skin problems worse. This is why dealing with psoriasis works best when you tackle it from multiple angles: improving your gut health through good food choices, reducing stress through regular exercise (which releases feel-good chemicals in your body), and finding ways to manage daily stress. When you exercise, you're not just helping your</p>

	mood - you're also reducing inflammation throughout your body and improving blood flow to your skin. It's like turning down the volume on that alarm system while strengthening your body's natural ability to stay calm and healthy

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.