



November 2024

Dear Elise,

Thank you for choosing to see me, Jen the Herbalist, for your healthcare.

Please find enclosed your personalised summary and recommendations based on my findings from our previous appointment. Restoring full health and attaining wellness is an exciting process, I am dedicated to working with you; supporting you and guiding you all the way.

As a Herbalist, I will prescribe herbal medicines, in various forms, tailored to suit you as a unique individual. Along with this, I will make recommendations for using foods as medicines and lifestyle adjustments for the betterment of your health. You can be assured that all herbal medicines and supplements prescribed are of the best quality – I choose certified organic products where possible and select brands that use minimal excipients (artificial colours, flavours, binders, fillers) to ensure best therapeutic outcomes for you.

With your commitment, I aim to help you develop lifelong habits that will reward you with newfound energy, vitality, awareness and understanding of your health.

I look forward to working with you to help you restore your health balance, renew your energy and reclaim your vitality.

Yours in Health,

Jen Barnett ~ Herbalist

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NOTE: This report is for educational purposes only and should not be used to diagnose or treat any medical condition.

Elise Heming - Naturopathic Health Appraisal Report

November 2024

Your Health Goals:

- Support body healing post trauma

Action Plan for Health Restoration

- Support nervous system, adrenals and thyroid
- Reduce inflammation
- Support healthy digestion and nutrient absorption
- Address underlying pathogens (HPV)

Your In-Clinic Test Results

Blood Pressure: Elevated blood pressure is a well-known risk factor for cardiovascular disease. Lesser known risks for chronic hypertension are impaired renal (kidney) function, impaired vision and compromised mental function (cognitive decline, poor concentration and memory). Optimal blood pressure is 110/70

❖ Your result was: 105/65

Random Blood Glucose: Keeping a steady blood glucose level is important for energy, weight management and controlling inflammation in the body. Your blood glucose can vary according to when, and what, you last ate. For a non-diabetic person, the optimal range for a random glucose sample is between 4-6, and up to 8 after a meal.

❖ Your result was: 8.7

Your Iridology Summary

Iridology is the study of the iris (coloured part) of the eye, it is both an art and a science. The patterns, colours and fibre structure of the iris provides us insights into your unique state of health an individual and provides guidance as to how best look after your constitution to avoid ill health. Please note that iridology does NOT diagnose disease or a medical condition.

Iridology Analysis – Key Points:

- **Areas to Nurture:** Circulation, lymphatic system, pancreas, nervous system, digestive tract, thyroid/parathyroid.
- **Tendencies:** Most likely a naturally driven and ambitious person who may feel like there's not enough hours in the day. Prone to holding tension and anxiety in the body, particularly through abdomen and chest area. May have a tendency to experiencing blood sugar fluctuations and turning to stimulants to manage energy levels. Digestive tract may be easily reactive and prone to fermenting.
- **Beneficial Habits to Adopt:** Deep breathing exercises, eating regular meals including protein at each meal. Ensure a regular sleep pattern and adequate rest/relaxation (ideally 20 minutes during the day). Drink plenty of water. Regular exercise is important for lymphatic flow and stress management.
- **Things to Avoid or Minimise:** Minimise mucous forming foods (wheat based products, dairy, excess bananas, possibly eggs). Avoid stimulants (caffeine, nicotine, sugar, alcohol). Avoid saying "yes" to things you really want to say "no" to. Avoid foods known to be intolerances.
- **Beneficial Herbal Teas by Constitution:** Chamomile, dandelion (leaf & root), linden, calendula, cleavers, echinacea.

Recommended further testing

- Full Thyroid Panel – TSH, T4, T3, rT3, TPO Abs, TSH Receptor A, Thyroglobulin Ab
- Vitamin D

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Prescription Recommendation

This prescription may change as we progress along your healing path. At this stage:

Supplements

- **BioMedica ThyRestore** (after testing)
- **BioMedica BioActivated Magnesium** (contains magnesium, B vitamins and co-factor nutrients for wellbeing)
- **Orthoplex Clinical Lipids** (fish oils, ultra clean, specially formulated ratio for mental health and inflammation)

Herbal Formula

Your personalised liquid herbal formula may be adjusted from time-to-time, depending on your progress and how your body responds. The beauty of herbs is that they are each a unique orchestra of naturally occurring phytochemicals which support the body to regain balance. Each herb has multiple medicinal properties, meaning we can support many body systems in one formula.

Your beginning formula contains a combination of herbs with the following actions:

- Adaptogens and nervine tonics to support stress resilience
- Mild bitters and digestive tonics to optimise digestion and absorption
- Pancreatic and liver support herbs to support healthy liver, cholesterol breakdown and pancreatic function
- Anti-inflammatory herbs to reduce pain and systemic inflammation
- Lymphatic and immune support herbs to support healthy elimination and address underlying dormant viral load

****** Flower essences are also recommended to support emotional recovery

Specific Dietary Recommendations

The foods we consume can either help or hinder our healing journey. The foods listed below are recommended to support your body regain balance at this time.

- Eat foods plentiful in B group vitamins, magnesium, zinc, Omega group essential fatty acids, bioflavonoids (see attached essential nutrients handout) -these nutrients have been selected for you for mental health, anti-inflammatory actions and energy production.
- Ensure adequate protein throughout the day

Lifestyle Recommendations:

- Deep breathing exercises – box breathing, 4-7-8 breathing
- Pilates & yoga