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TREATMENT PLAN FOR : Julia Taylor

Date: 28/11/24

Health Goals	<ol style="list-style-type: none"><li>1. Improve energy and immune function</li><li>2. Increase sleep duration</li><li>3. Improve diet/digestive function</li><li>4. Consider quitting smoking</li></ol>
Diet	<ul style="list-style-type: none"><li>- <b>Remove all wheat products</b> from diet for 2 weeks and observe 1- your bowel movements, 2- how your digestion feels, 3- any changes to energy levels or other symptoms.</li></ul> <p>Wheat can be very inflammatory to the digestive system and brain.</p> <p><b>Brain inflammation</b> A study found that gluten, a protein in wheat, caused inflammation in the hypothalamus of mice, a region of the brain that regulates metabolism. The study also found that gluten increased the number of immune cells in the brain.</p> <p><b>Gut inflammation</b> Wheat amylase trypsin inhibitors (ATIs) in wheat can cause mild intestinal inflammation, which can spread to other parts of the body, including the brain. This can worsen symptoms of inflammatory central nervous system (CNS) diseases.</p> <ul style="list-style-type: none"><li>- <b>Ensure you eat a variety of fresh fruits and vegetables</b> each day</li></ul>
Lifestyle	<ul style="list-style-type: none"><li>- <b>Make an effort to get sunlight</b> within 1 hour of waking up. Allow yourself to get the sun's light into your eyes (do not stare into the sun) to help induce your circadian rhythm (melatonin serotonin release)</li><li>- <b>Consider quitting smoking.</b> Here's why: When you smoke, you're essentially creating a hostile internal environment that weakens your body's natural defenses. Each cigarette (even if they're rolled by you) introduces toxins that damage your cellular terrain, suppressing your immune system, inflaming your tissues, and making it harder for your</li></ul>

	<p>body to fight off infections and maintain optimal health. Think of your body like a garden - smoking is like constantly introducing harmful chemicals that kill beneficial microorganisms, damage the soil, and make it impossible for healthy growth.</p> <p>The good news is that quitting smoking allows your body to rapidly begin healing and rebalancing its internal terrain. Within just weeks of stopping, your circulation improves, inflammatory markers decrease, and your immune system starts to recover. Your respiratory tract can regenerate its protective mechanisms, oxygen levels in your blood increase, and your body begins to repair cellular damage. Essentially, you're giving your internal ecosystem a chance to reset, become more resilient, and return to a state of natural balance where your body can more effectively protect itself against fatigue, infections, and chronic health issues.</p> <p>Even slowly reducing your cigarettes to begin with is a good start</p>
<b>Barriers</b>	- Smoking, lack of sleep
<b>Referral/Investigations</b>	<ul style="list-style-type: none"> <li>- <b>Please share with me the photos of your skin</b></li> <li>- <b>Please send through any tests or blood tests</b> you've had done in the last 6 months before our next appt.</li> </ul>
<b>Prescription</b>	<ul style="list-style-type: none"> <li>- <b>Reishii extract.</b> 5ML twice per day.</li> <li>- <b>Neurocalm tablets (See Vitaly prescription).</b> Take 2 tablets, 1 hour before bed each night. Observe if you feel more peaceful, rest better or even sleep a little more.</li> </ul>
<b>Recipes:</b>	-
<b>Other</b>	<p>-In the meantime, I will investigate further into your skin issues.</p> <p><b>-Next appointment 6pm Thursday Dec 19<sup>th</sup>.</b></p> <p>-Information about Reishi: Reishi mushrooms, also known as Ganoderma lucidum, are a popular fungus in Eastern medicine that are claimed to have many health benefits:</p> <ul style="list-style-type: none"> <li>• <b>Immune system:</b> Reishi mushrooms are said to boost the immune system.</li> <li>• <b>Anti-inflammatory:</b> Reishi mushrooms have anti-inflammatory properties.</li> <li>• <b>Cancer:</b> Reishi mushrooms may help decrease the size and number of tumors in certain types of cancer.</li> <li>• <b>Fatigue:</b> Reishi mushrooms may help reduce fatigue.</li> <li>• <b>Blood pressure and cholesterol:</b> Reishi mushrooms may help lower blood pressure and cholesterol.</li> <li>• <b>Diabetes and heart disease:</b> Reishi mushrooms contain compounds that may help lower blood sugar and blood</li> </ul>

	<p>pressure levels, reducing the risk of diabetes and heart disease.</p> <ul style="list-style-type: none"> <li>• <b>Antioxidants:</b> Reishi mushrooms have high antioxidant activity, which may protect the body from cell damage.</li> <li>• <b>Urinary tract symptoms:</b> Reishi mushrooms may help reduce urinary tract symptoms in men.</li> </ul>

*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.*