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TREATMENT PLAN FOR :

Tammy Jacobson-Rooke

Date: 9/12/24

Health Goals	<ol style="list-style-type: none"><li>1. Reduce hormonally driven symptoms (headaches, pms, etc) by trialling 6-8 weeks of Vitex agnus-castus (Chaste berry) and assessing along the way symptoms and their severity, plus mood.</li><li>2. Attempt to reduce migraines/tension headache symptoms and stress response by taking Magnesium Glycinate (see prescription).</li></ol>
Diet	<ul style="list-style-type: none"><li>- Increase intake of <b>oats</b>- they are a nervine tonic (strengthen the nervous system) and help improve mood (they are given medicinally as a tincture or simply as food!). Aim to enjoy oats 3-4 days per week. Assess if they help you feel more grounded and stable. They're also well indicated for peri/menopausal symptoms.</li><li>- Avoid processed and highly sugary foods (even natural sugars) to keep any inflammation at bay that might be contributing to your presentation.</li><li>- Eat red meat as often as possible (ideally 4 days per week but see what works for you) as haem iron from animal protein is the most bioavailable source of iron.</li></ul>
Lifestyle	<ul style="list-style-type: none"><li>- Cease taking <b>Superfeast</b> mushrooms for min 4 weeks to assess their efficacy. Also stop taking collagen and spirulina for 4 weeks for the same reason. You can always bring them back in if you feel you need.</li><li>- Continue counselling</li><li>- Go to the ocean as often as possible. The waves from the ocean generate vast quantities of negatively charged ions which help improve mood, oxygenation, are antimicrobial,</li></ul>

	positively influence serotonin levels, and much more.
<b>Barriers</b>	- Relationship with parents- keep exploring this dynamic and how to manage with your counsellor.
<b>Referral/Investigations</b>	-
<b>Prescription</b>	<ul style="list-style-type: none"> <li>- Vitex (premarin)</li> <li>- Herbal tincture of saffron and withania</li> <li>- Omega 3's</li> <li>- Multi vitamin</li> <li>- Spatone 3-4 days per week (Vital.ly my supplier doesn't stock this so best to buy them from wherever they're available on sale). I did put another iron supplement on your prescription should you want to try something cheaper/tablet</li> </ul>
<b>Recipes:</b>	-
<b>Other</b>	

*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.*