



Ashleigh van Nierop. Naturopath
BHSc (Nat), Bach Comp Med. Member ANTA.
Ash@biosoulnaturopathy.com
www.Biosoulnaturopathy.com

TREATMENT PLAN FOR :

Nikki Nakhonwong

Date: 10/12/24

| | |
|-------------------------|--|
| Health Goals | <ol style="list-style-type: none">Regulate immune system function to reduce rashes, improve immunity How: Immune support herbsImprove vitality How: Herbs that build qi, enhance vitality, improve detoxificationEnhance bodily detoxification systems to help eliminate toxins built up from years of medications, and support skin health. How: With herbs that enhance liver and lymphatic clearance of toxins |
| Diet | <ul style="list-style-type: none">- Continue enjoying your clean and healthy diet!- Consider introducing bone broth into your diet to support your immune system.- Enjoy often vegetables like broccoli, brussel sprouts, kale, cabbage as they enhance your body's ability to detoxify itself.- Continue to be strictly gluten and dairy free |
| Lifestyle | <ul style="list-style-type: none">- Get your iron infusion. Iron is required for healthy immune function.- Consider acupuncture for your immune system, GBS |
| Barriers | <ul style="list-style-type: none">- Time |
| Referral/Investigations | <ul style="list-style-type: none">- |
| Prescription | <ul style="list-style-type: none">- Astragalus, Echinacea, Poke Root, Baical Skullcap, Schisandra <p>Astragalus:</p> <ul style="list-style-type: none">- Immune regulation |

| | |
|-----------------|--|
| | <ul style="list-style-type: none"> - Nerve health support - Anti-inflammatory properties - Supports detoxification - Enhances skin healing - Used in Chinese medicine to treat GBS and as a Qi builder <p>Echinacea:</p> <ul style="list-style-type: none"> - Immune system support - Reduces inflammation - Supports skin tissue healing - Modulates immune response - Encourages lymphatic detoxification <p>Poke Root:</p> <ul style="list-style-type: none"> - Lymphatic system support - Helps balance immune responses - Traditional use for skin eruptions - Supports lymph drainage <p>Baical Skullcap:</p> <ul style="list-style-type: none"> - Potent anti-inflammatory - Respiratory system support - Reduces allergic responses - Neuroprotective properties - Manages skin inflammation <p>Schisandra:</p> <ul style="list-style-type: none"> - Adaptogenic stress support - Liver detoxification - Immune system modulation - Reduces systemic inflammation - Supports overall healing processes |
| | |
| Recipes: | - |
| | |
| Other | <ul style="list-style-type: none"> - Email photos of rash - Continue to take your other vitamins |
| | |
| | |

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.