



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

TREATMENT PLAN FOR :

Elisa Sharifah

Date: 16/12/24

Health Goals	<ol style="list-style-type: none">1. Improve sleep duration by using herbal medicine, sleep hygiene techniques.2. Comprehensive testing via G.P. and Nutripath to establish data surrounding your bodily functions.3. Begin to modify diet and eating patterns to reduce cortisol levels, reduce bloating and starving any bad bacteria that feed on sugars.4. Bring back a gentle 10 minute yoga practice each day at a time that suits you followed by a 5 minute meditation to help reduce cortisol levels and establish routine.
Diet	<ul style="list-style-type: none">- 5 small meals each day. Regular small meals reduce cortisol levels and send a signal to the body that we are safe and nourished.- Eliminate all sugary and starchy foods (except rice and berries).- Focus on warm, easily digestible foods. Vegetables and meats.- Maintain rice consumption only if well tolerated- Include oats regularly only if well tolerated- Avoid cold foods and drinks- Enjoy 1 cup of Rooibos tea per day to help regulate cortisol levels
Lifestyle	<ul style="list-style-type: none">- Book in with G.P. for comprehensive blood tests (I will email you a referral letter you can give to them).- Return to yoga practise with 5-minute meditation each day.

	<ul style="list-style-type: none"> - Continue sleep hygiene practices – dim lights or switch them off in the evenings. Avoid looking at your phone. Have the T.V. at a distance away from you so you don't have bright lights in your face. Enjoy quiet time. - Try create a meal preparation routine - Developing social connections will be a goal for the future when you have more energy!
Barriers	- Energy levels, hormones,
Referral/Investigations	- Salivary cortisol testing, comprehensive blood from G.P.
Prescription	<ul style="list-style-type: none"> - B vitamins (See Vital.ly email prescription) - Vitamin C (See Vital.ly email prescription) - Herbal medicine (California Poppy, Scullcap, Passionflower)
Recipes:	-
Other	Return appointment in 4 weeks 😊 Then we can evaluate how we will treat SIBO/Adrenals

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.