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TREATMENT PLAN FOR :

Julia Taylor

Date: 19/12/24

Health Goals	<ol style="list-style-type: none">1. Engage with G.P. Dan Stringer for further dermatological assessment and referral to a different dermatologist if deemed appropriate. I will personally email him also.2. Lyme disease testing. Rule out or confirm any Lyme disease contributing to your presentation. I will link you to the Australian labs where you can purchase testing.3. Increase fresh food intake. Enjoy every day 1-2 servings of fresh fruit or vegetables.4. Maintain reduced rate of smoking to support bodily detoxification, improve overall health, save money!
Diet	<ul style="list-style-type: none">- Apples and cheese are a great combo!- Berries, strawberries, pineapple, oranges, tomatoes – live fruit is the best option as it has electrical nutrition, which is life force for us to consume! Enjoy this often to minimise less healthful choices like biccies! <p>Whole fruits contain fibre (good for the gut and bowels), plus don't mess with your blood sugars and insulin like a biscuit or sweets will.</p>
Lifestyle	<ul style="list-style-type: none">- Do not pick at your skin or fixate on it please- Please meditate on your energetic boundaries, grounding, self-love. Refer to the image of the card reading.
Barriers	-
Referral/Investigations	<ul style="list-style-type: none">- Lyme testing. Here is the link for Borrelia MPCR (Lyme testing) that costs \$275

	<p>https://www.australianbiologics.com.au/products/borrelia</p> <p>Follow the links to purchase. Once you have placed an order, you will receive instructions on how to proceed with sample collection and submission.</p> <p>There is also the option for broad spectrum, comprehensive tick borne illness testing- however it is far more expensive, it was \$1,585 now <u>\$951</u>. This is the ideal option but also I understand how dear this is! The above option for the Borrelia MPCR will suffice if this is outside of your budget.</p> <p>https://www.australianbiologics.com.au/products/comprehensive-panel</p>
Prescription	<ul style="list-style-type: none"> - Reishii. Up to 120 ml per week. 5 ml twice per day if you wish to take a smaller dose. - Herbal mix for immunity/expulsion/detox. Take 3 drops 3 times per day.
Recipes:	-
Other	<ul style="list-style-type: none"> - Let me know once you've booked in with Dr Stringer and tell me the dates so I can email him. - Return visit at the end of January/after you've seen Dr Stringer.

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.