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TREATMENT PLAN FOR :

Georgia Lamb

Date: 13/1/2024

Health Goals	<ol style="list-style-type: none">1. Reduce skin symptoms and discomfort by taking herbal medicine + evening primrose oil + B complex vitamins2. Reduce cortisone cream usage by utilising calendula cream, oatmeal bath, aloe gel, coconut oil (to restore skin barrier)
Diet	<ul style="list-style-type: none">- Try to minimise processed sugar intake
Lifestyle	<ul style="list-style-type: none">- Make sure you drink plenty of water each day to help flush your lymphatic system and support your immune system.- Ensure you get enough sleep each night to support immune function- Watch to see if herbal mixture helps reduce/eliminate your cough
Barriers	<ul style="list-style-type: none">-
Referral/Investigations	<ul style="list-style-type: none">-
Prescription	<ul style="list-style-type: none">- Evening Primrose oil (3g/day)- Activated B complex - Herbs: Rehmannia<ul style="list-style-type: none">- Anti-inflammatory properties that may help reduce skin inflammation- Contains compounds that support immune system regulation

	<ul style="list-style-type: none"> - Traditionally used to cool "heat" manifestations in skin conditions <p>Baical Skullcap</p> <ul style="list-style-type: none"> - Contains baicalin and baicalein with anti-inflammatory effects - Shows antiviral properties in research studies - Helps reduce itching and inflammation in skin conditions <p>Burdock Root</p> <ul style="list-style-type: none"> - Contains compounds with blood-purifying properties - Traditional use for skin conditions and rashes - Has antioxidant properties that support skin health <p>Gotu Kola</p> <ul style="list-style-type: none"> - Supports healthy circulation to the skin - Contains compounds that may help reduce inflammation - Traditionally used to support wound healing and skin repair <p>Licorice Root</p> <ul style="list-style-type: none"> - Contains glycyrrhizin with anti-inflammatory properties - Shows antiviral activity in research - Helps modulate immune response <p>Poke Root</p> <ul style="list-style-type: none"> - Traditionally used to support lymphatic system function - Helps with immune system regulation
Recipes:	-
Other	<ul style="list-style-type: none"> - Return for follow up in 2 weeks - Explore the low/no sugar sweets in Coles/Woolies- they're surprisingly yummy! You can always enjoy fresh fruits 😊

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.