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TREATMENT PLAN FOR :

Russ Baxter

Date: 17/12/24

Health Goals	<ol style="list-style-type: none">1. Continue to maintain diet to support weight loss and glucose regulation.2. Find sugar free alternatives to your fav sweet foods you enjoy in the evening (no-sugar sweets). This is your homework for when you get home – explore all the options available locally and online.3. Supplementation with a multivitamin, folate and zinc to mitigate any nutrient depletion caused by new medications.
Diet	<ul style="list-style-type: none">- Swap sugary foods for the no-sugar or low-sugar alternatives. Explore your local shops and try things that are low or no-sugar. Suggestions to find in Woolworths or buy online.<ul style="list-style-type: none">- Noshu (cakes, cake mix, snack bars, chocolate)- Double D Sweets- Funday Sweets- Atkins Indulge range of choc bars and sweets- Sugarless Bakery (IGA)- Be mindful of alcohol intake.
Lifestyle	<ul style="list-style-type: none">- Continue regular exercise
Barriers	<ul style="list-style-type: none">- Time
Referral/Investigations	<ul style="list-style-type: none">- Follow up bloods from GP in 3 months- Utilise glucose monitoring app on phone for data
Prescription	<ul style="list-style-type: none">- B12 and folate supplement

	- multivitamin
	- Amazonia chocolate protein powder
Recipes:	-
Other	

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.