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TREATMENT PLAN FOR : Iain Lawrence Date: 1/2/25

Health Goals	<ol style="list-style-type: none">1. Increase protein intake to support satiety, regulate blood sugars, increase energy. See diet2. Make time for yourself to reconnect to your physical body, bring yourself self into the present. See lifestyle3. Utilise herbal supplements Withania and Tongkat for increasing stamina, vitality, mental clarity, sleep support, reducing cortisol, increasing energy.
Diet	<ul style="list-style-type: none">- Start the day with a high protein breakfast. Ideas:<ul style="list-style-type: none">- protein smoothie (ingredient ideas: protein powder, milk, berries (as they are a super low sugar fruit), nut butters, avocado, frozen spinach, cacao, maca powder)- Eggs – scrambled, fried, poached, boiled - with bacon or sausage, frittata, with fried greens, fried tomato, crumbled fetta, herbs, spices.- Leftover salad and meat from the night beforeGoal: Regulate blood sugars, promote satiety, increase energy, increase nutritional input.- Lunch. Again focus on protein and vegetables. Can introduce legumes, quinoa as a starch/carb. You may wish to meal prep this. Ideas: Large salad base with: 2 cups mixed greens 1 cup mixed colourful vegetables Choice of protein (chicken/tuna/salmon/beef) Healthy fats (avocado, olive oil, seeds,nuts), quinoa or bean mix. +salad dressing. 1 cup lentils/chickpeas Protein of choice Roasted vegetables Tahini dressing (tahini, lemon, salt, sumac)

	<p>Quinoa, chicken/beef/Asian greens, quinoa or small portion brown rice + soy, sesame, chilli, garlic</p> <p>OR premade frittata. Can have a protein added like bacon, pancetta, plus veg like asparagus, sweet potato, broccoli, cherry tomato, spinach, olives, fetta cheese etc</p> <p>Premade vegetable/meat/lentil soup.</p> <p>- Dinner: Eat your usual family dinner but load up on vegetables (1/2 your plate), lots of protein and a modest carb serving.</p> <p>- Snacks Apples and cheddar Apples and peanut butter Slice of frittata Chia pud + protein powder and/or Greek yoghurt + berries + nuts/seeds. Hard boiled egg Mixed nuts Hummus and veg sticks Guacamole and veg sticks Bean dip and veg sticks If you desire crackers try “Olina’s Bakehouse Seeded Crackers” from coles/woollies. – can put cheese on these or dip.</p> <p>Notes: For all meals when they are high protein, full of plant foods and low carb you can eat as much as you like until you are full!</p> <p>Eat breakfast within an hour of waking Space meals 4-5 hours apart Last meal at least 3 hours before bed Include protein and fat with any carbs</p> <p>Changing your eating habits can make such a big difference in how you feel. When you eat more protein and vegetables while reducing sugary foods and simple carbs, several positive changes happen in your body:</p> <p>Energy Levels & Blood Sugar Your current pattern of skipping breakfast and drinking coffee likely creates a blood sugar roller coaster. When you eat protein and fiber-rich vegetables, your body releases energy slowly and steadily throughout the day. Think of it like a slow-burning log fire versus throwing paper on a flame - you get sustained energy instead of quick spikes and crashes. This steady energy means better focus at work and more stability in your mood.</p>
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	<p>Cravings & Impulse Control Those afternoon sugar cravings aren't just about willpower - they're your body's response to unstable blood sugar. Protein and healthy fats help you feel satisfied longer and keep your blood sugar stable, naturally reducing cravings. Plus, when your blood sugar is stable, your brain is better at making controlled decisions about food choices.</p> <p>Brain Function & Mood Proteins are broken down into amino acids, which your body uses to make important neurotransmitters. These help with mood, focus, and motivation. The vitamins and minerals from vegetables also support this process. Many people notice better mental clarity and more stable moods when they eat this way.</p> <p>Stress & Adrenal Health Your current high coffee intake might be masking adrenal fatigue. The adrenal glands help manage stress, but they need proper nutrition to function well. Protein provides the building blocks for stress hormones, while vegetables offer the vitamins and minerals your adrenals need. Reducing sugar and caffeine helps prevent the stress response that makes your adrenals work overtime.</p> <p>The emphasis of this way of eating is regulation of blood sugars and insulin.</p>
Lifestyle	<ul style="list-style-type: none"> - Make time for yourself on the weekends. If possible, get 1 hour for each day off and do something for you that is not task oriented (mowing lawn, errands etc). Perhaps this is first thing in the morning you get a coffee, sit down somewhere and stretch gently whilst watching your favourite series, or reading a book, t.v in bed. Something that stops you from thinking about the next thing and allows yourself to just gift yourself a moment to consciously relax. - Yoga nidra, gradual muscle relaxation or body scans for 5 minutes before sleep at night.
Barriers	-
Referral/Investigations	<ul style="list-style-type: none"> - ALCAT food intolerance testing is there if you want to try it.
Prescription	<ul style="list-style-type: none"> - Switch Nutrition Withania and Tongkat. 2 tablets once a day of each. <p>Withania (Ashwagandha) This powerful adaptogen works by:</p>

	<p>Helping your body better manage stress by regulating cortisol levels</p> <p>Supporting healthy energy levels</p> <p>Improving sleep quality, which helps regulate blood sugar and reduce cravings</p> <p>Supporting thyroid function, which is key for maintaining steady energy</p> <p>Reducing anxiety and supporting clear thinking</p> <p>Helping balance blood sugar levels directly</p> <p>The really interesting thing about Withania is that it helps "normalize" your stress response system rather than stimulating or suppressing it. Think of it as a balance restorer rather than just an energy booster.</p> <p>Tongkat Ali (<i>Eurycoma longifolia</i>)</p> <p>This herb complements Withania well by:</p> <p>Supporting healthy testosterone levels, which helps with energy and vitality</p> <p>Improving physical and mental energy without stimulating like caffeine</p> <p>Helping maintain muscle mass when combined with protein-rich diet</p> <p>Supporting better stress resilience</p> <p>Helping improve blood sugar regulation</p> <p>Reducing fatigue and mental fog</p>
Recipes:	- See above in Diet
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.