

# BI.SOUL

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TREATMENT PLAN FOR :

Date:

<b>Health Goals</b>	<ol style="list-style-type: none"><li><b>1. Support and enhance liver detoxification.</b> This will help with hormone, chemical and metabolic toxin detoxification which in turn will help your PMS and skin issues. Will also encourage you make more bile and have more bowel movements which also help your body detox from excess hormones and toxins.</li><li><b>2. Aim to have 1 bowel movement every second day. With the goal of eventually having 1 bowel movement every day!</b></li><li><b>3. Reduce symptoms of PMS/hormonally driven mood fluctuations</b> by supplementing with nutrients that are clinically proven to support nervous system function and hormone regulation.</li><li><b>4. Drinking 2-3 litres of water each day.</b> This will help you have more regular bowel movements, clear your skin, and “cool” the liver.</li><li><b>5. Avoid all dairy for the next 4 weeks</b> and see how you feel without it – consider mood, stomach pains, bowel movements etc.</li><li><b>6. Develop an energy protection ritual on your drive to work and an energy release/cleansing on the way home from work.</b></li></ol>
<b>Diet</b>	<ul style="list-style-type: none"><li>- Avoid all dairy best you can</li><li>- 2-3 litres of water each day in your new pretty bottle.</li><li>- Continue to have protein at breakfast</li></ul>

<b>Lifestyle</b>	<ul style="list-style-type: none"> <li>- You have anger stored in your liver. That's what we are working on primarily.</li> <li>- In the car on the way to work visualise (eyes open) a white light surrounding you, and if anyone throws bad energy at you - whether you are aware of it or not- your energy bubble will reflect it back to them. The energy bubble serves as a protective energetic field. You may wish to focus on protecting your hands energetically in particular. You are working in close proximity to people's energetic fields and when they talk to you about their issues, they're releasing that energy even more into their field where your hands will absorb it.</li> <li>- Wash your hands after work, or even after each client with water, and in your mind tell yourself you're washing away their energy down the drain and it cannot come home with you.</li> </ul>
<b>Barriers</b>	-
<b>Referral/Investigations</b>	-
<b>Prescription</b>	<ul style="list-style-type: none"> <li>- Orthoplex Detox Pro . 1 level scoop (4.5 g) twice daily mixed with water; consume immediately</li> <li>- Orthoplex Alkamin Calm . 1 level included scoop (6.5 g) twice daily in water</li> <li>- Designs for Health Trigandha. 2 capsules daily with a large glass of water</li> <li>- 3 litres of water</li> </ul>
<b>Recipes:</b>	-
<b>Other</b>	I checked- you have <b>Dishydrotic eczema</b> I'm 98% sure. Avoid sweating in your gloves if you can because this can make it worse apparently.

*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.*