



February 2025

Dear Kellie,

Thank you for choosing to see me, Jen the Herbalist, for your healthcare.

Please find enclosed your personalised summary and recommendations based on my findings from our previous appointment. Restoring full health and attaining wellness is an exciting process, I am dedicated to working with you; supporting you and guiding you all the way.

As a Herbalist, I will prescribe herbal medicines, in various forms, tailored to suit you as a unique individual. Along with this, I will make recommendations for using foods as medicines and lifestyle adjustments for the betterment of your health. You can be assured that all herbal medicines and supplements prescribed are of the best quality – I choose certified organic products where possible and select brands that use minimal excipients (artificial colours, flavours, binders, fillers) to ensure best therapeutic outcomes for you.

With your commitment, I aim to help you develop lifelong habits that will reward you with newfound energy, vitality, awareness and understanding of your health.

I look forward to working with you to help you restore your health balance, renew your energy and reclaim your vitality.

Yours in Health,

Jen

Jen Barnett ~ Herbalist

NOTE: This report is for educational purposes only and should not be used to diagnose or treat any medical condition.

Jen Barnett, ABN 90 327 075 469, PO BOX 145, Bridgetown WA 6255
0428 946 602 • jentheherbalist@outlook.com • www.jentheherbalist.com.au



Kellie Mcrea - Naturopathic Health Appraisal Report February 2025

Your Health Goals:

- Improve energy levels
- Improve sleep quality and consistency
- Improve digestive health/bowel consistency

Action Plan for Health Restoration

- Support nervous system and adrenals to improve energy levels and stress resilience
- Support nervous system to help regulate sleep and establish health sleep patterns
- Support healthy digestive function for enhanced nutrient absorption and healthy bowel movements
- Support healthy kidney function and elimination

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Your In-Clinic Test Results

Blood Pressure: Elevated blood pressure is a well-known risk factor for cardiovascular disease. Lesser known risks for chronic hypertension are impaired renal (kidney) function, impaired vision and compromised mental function (cognitive decline, poor concentration and memory). Optimal blood pressure is 110/70

❖ Your result was: N/A

Random Blood Glucose: Keeping a steady blood glucose level is important for energy, weight management and controlling inflammation in the body. Your blood glucose can vary according to when, and what, you last ate. For a non-diabetic person, the optimal range for a random glucose sample is between 4-6, and up to 8 after a meal.

❖ Your result was: N/A

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Your Iridology Summary

Iridology is the study of the iris (coloured part) of the eye, it is both an art and a science. The patterns, colours and fibre structure of the iris provides us insights into your unique state of health an individual and provides guidance as to how best look after your constitution to avoid ill health. Please note that iridology does NOT diagnose disease or a medical condition.

Iridology Analysis – Key Points: (BRIEF – SMS images)

- **Areas to Nurture:** nervous system, digestive tract, lymphatic system, liver
- **Tendencies:** a thinking, intellectual type person with a natural drive to achieve. May tend to internalise perceptions and feelings. Most likely a precise verbal communicator who learns well through visual means. Prone to lymphatic congestion. May hold tension and/or worry in the body.
- **Beneficial Habits to Adopt:** maintain healthy lymphatic flow by drinking adequate clean water, regular dry skin brushing and exercising daily. Relaxation exercises/activities that you enjoy (deep breathing, walking, massage, yoga, ta chi, meditation), activities to give the nervous system a chance to relax and reset.
- **Things to Avoid or Minimise:** mucous forming foods (dairy products, wheat products, excess bananas, possibly eggs). Minimise the use of stimulants (caffeine, sugar, tobacco) for nervous system health.
- **Beneficial Herbal Teas by Iris Constitution & Medical Astrology:** Vervain, nettle leaf, lemon balm, licorice, cleavers.

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Pathology Interpretation

Insights of your blood tests through a naturopathic lens

- Iron is ok, but on the lower end of desired scale. It is recommended to include foods high in iron in the daily diet (see Essential Nutrients) handout.
- CRP is raised indicating inflammation, infection or allergy in the body. If you were well at the time of the blood test (NB – discussed post viral recovery most likely)
- Kidney and liver function results suggest possible need for increased protein and B group vitamins (particularly B1 & B6)
- Vitamin D is quite low and requires supplementation

Recommended Further Testing

- Retest iron in 6 -12 months
- Full Thyroid Profile – TSH, T4, T3, TPOAbs, TgAbs – If fatigue persists
- Consider investing in Gut Microbiome Testing

Prescription Recommendations

This prescription may change as we progress along your healing path. At this stage:

Supplements

- BioActivated Magnesium (B vits and Mag + cofactor nutrients) – 1 tablet twice daily for energy, muscle relaxation and stress resilience
- BioMedica D Complete – 1 daily

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Herbal Formula

Your personalised liquid herbal formula may be adjusted from time-to-time, depending on your progress and how your body responds. The beauty of herbs is that they are each a unique orchestra of naturally occurring phytochemicals which support the body to regain balance. Each herb has multiple medicinal properties, meaning we can support many body systems in one formula.

Your beginning formula contains a combination of herbs with the following actions:

- Nervine tonic herbs to support healthy sleep and stress recovery
- Adrenal adaptogens to support the body with daily stressors and recovery
- Digestive tonics, gentle bitters and mucous membrane tonics to assist healthy digestion
- Kidney tonic herbs to support balanced elimination

Lifestyle Recommendations

- Increase protein intake (see attached)
- Increase intake of iron rich foods (see attached)
- Get 5-10 minutes sunshine exposure daily
- Ensure adequate water intake
- Remove smart watch for sleep and ensure following sleep hygiene practices
- Continue with core strength exercises to optimise spinal strength

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