

Treatment plan

Herbal medicine consultation - Initial consultation



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Initial consult: 21/02/2025

Client - Roshni Hussain

Subject: Initial consultation treatment plan

Hi Roshni,

Lovely to meet you today and I look forward to working with you improve your health. You have a great enthusiasm for healthy living , and I am really looking forward to working with you to reach your goals.

As mentioned in our consultation today you would like some extra support with improved digestion and absorption of nutrients, gentle liver support and energy.

Below you will find the outline of herbal tonic prescription:

1. **Gut support and energy herbal tonic** – 200 ml comprising of gentian and ginger. The herbs used in the herbal tonic will stimulates the gastric juice production and will help to stimulate appetite . It will help in better digestion and absorption. The tonic will also help to improve your liver function and helps you to adapt with day-to-day stress and address your fatigue.

Dosage: Please take 3 ml everyday 15 minutes before your breakfast, lunch, and dinner.

Herbal tonic is more effective when taken under the tongue, allowing for faster absorption into the bloodstream. Alternatively, you can mix your dosage into a glass of water, fruit or vegetable juice, or iced tea.

****** Store the bottle away from children.

Dietary advice:

On waking - Glass of warm water with a squeeze of lemon juice (alkalizing and gets digestive juices started up for the day)

Breakfast - Starting your day with a savoury breakfast.

- 1-2 cups of veg (zucchini, spinach, broccoli, etc) + 1-2 eggs + 1 slice of sourdough toast with hummus/avocado. For variety, you can alternate different vegetables everyday with eggs and your toast.

- Smoothie (Have this occasionally - just when you are craving something sweet)

- o 1 cup of DF milk (almond/soy) + 2 scoops of protein powder + 1 TBS of soaked nuts/seeds + 1/2 c frozen berries + 1 cup spinach/cucumber

Where to buy protein powder: www.tropeaka.com.au

Snacks ideas (keep them protein/veg based)

- Hummus with carrot/cucumber sticks
- Olives
- Nuts and seeds
- Coconut yoghurt unsweetened with seeds and a few blueberries

**** Some important suggestions:**

1. Take Magnesium supplement:

🌐 **Nutra-Life Magnesium Hi-Zorb 120 Capsules**

Please see the attached sheet on benefit of taking magnesium as a supplement.

2. Consider taking Coq10 supplement since you are taking statins.

Please read this article on Coq10 -

<https://www.healthline.com/health/coq10-and-statins#statins-and-co-q-10>

3. Use pure olive oil for cooking. Olive oil is high in omega 3 and polyphenols that has heart protecting properties. You can consider Cobram estate olive oil

🌐 [Cobram Estate Extra Virgin Olive Oil Classic | 3L](#)

(or) Goldi Olive oil

🌐 [Smooth Extra Virgin Olive Oil | Australian Made | Goldi](#)

4. Please take 2 to 3 Brazil nuts everyday as Brazil nuts are high in mineral selenium. Selenium is an important mineral for Thyroid functioning and required for converting T4 to active T3.

🌐 [Coles Natural Brazil Nuts | approx 100g](#)

5. Mild plant-based shampoo and conditioner: Please switch to mild plant-based shampoo and conditioner without any SLS, fragrance and other synthetic chemical that can potentially cause irritation to the scalp. I recommend -

🌐 [Ausganica Org Shampoo Damage Relief 250ml](#)

🌐 [Ausganica Org Conditioner Silky Milk 250ml](#)

6. Please do a complete blood test checking for the following -

Vitamin D, Iron including ferritin, Serum zinc, Liver function test.

7. Monitor your thyroid every year and check your TSH, T4, T3, free T4 and thyroid antibodies to rule out any auto-immune condition.

LIFESTYLE ADVICE

Movement - Walking is so fabulous for mood, energy, lymphatic system and for better circulation. Try to get in walking most days starting with 15 minutes and working up towards 30 minutes.

Please book in a return consultation 6 weeks' time to touch base on the progress and will also help us to set some new goals. Please bring your latest blood test results for the follow up appointment. You've got this!!

Thanks,

Bhuvi P - Western herbal medicine practitioner Herbal Whisperer