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Interim TREATMENT PLAN FOR : Brittney Helton

Date: 26/3/25

Observations:	<ul style="list-style-type: none">- Transitional life phase with upcoming move and career changes- Mild depression (an appropriate response to circumstances) as evidenced by lack of motivation, hypersomnia-
Health Goals	<ol style="list-style-type: none">1. Still aim to follow initial treatment plan I sent you. Gradually implement small, achievable steps towards a morning routine2. Embrace this transitional phase with kindness and self-compassion3. Gently incorporate a daily movement practice:<ul style="list-style-type: none">-10 minutes of sun salutations (ideally in the morning)-5 minutes of gentle bouncing on the rebounder trampoline4. Explore creative outlets, such as creating a vision board for future plans- embrace Neptune in your 10th5. Continue nurturing self-care practices that feel manageable and enjoyable6. Maintain open communication with support systems, including weekly counselling sessions7. Celebrate small victories and progress, no matter how minor they may seem
Diet	-
Lifestyle	<ul style="list-style-type: none">- -10 minutes of sun salutations (ideally in the morning)-5 minutes of gentle bouncing on the rebounder trampoline (Watch you tube if you need a sun salutation tutorial)

Barriers	-
Referral/Investigations	-
Prescription	- Treat yourself like you are someone you love.
Recipes:	-
Other	<p>Reminders:</p> <ul style="list-style-type: none"> - You are currently in a significant transitional stage of your life. It's okay not to create intense rules or structure right now. Be gentle with yourself and allow for flexibility during this period of change. - Remember that progress isn't always linear. It's normal to have ups and downs, especially during times of transition. <p>Congratulations:</p> <p>Well done on consistently taking your supplements! This shows commitment to your health and is a positive step towards overall wellbeing.</p> <p>SAFFRON:</p> <p>I don't want to overwhelm you with prescriptions but I was thinking about Saffron as a herb that might energetically be really supportive for you right now, If you want me to add to your prescription that is no problem – but no stress if you don't want to add it into your routine.</p> <p>Energetically, saffron gives a glow of love and warmth. Like any herb that supports the circulation and the nervous system, saffron increases mental wellbeing by nourishing the nerves and increasing the movement of blood and energy in the tissues.</p> <p>In Ayurveda, saffron is described as <i>Sattvic</i> (a quality of lovingness and compassion, reflected in nature), giving the nurturing energy of love. It would therefore be indicated for those experiencing grief or other emotional pain, possibly accompanied by a depressed emotional state. Saffron supports and uplifts with its gentle nurturing energy, whilst supporting the physical systems most effected by this condition. Described as one of the best aphrodisiac herbs, saffron improves libido, raises feelings of love and sensuality. Saffron improves the circulation to the reproductive organs making it a wonderful tonic herb for both men and women.</p> <p>Aromatic herbs are also often nervine (nourishing or benefitting the nervous system) and as they often have a pleasing taste, they tend to tie herbal formulations together. This adds a final harmonizing note to a prescription, forging the unique quality of herbal medicines that they can engage all the senses of the patient.</p>

	<p>As an expensive but also extremely potent herb, saffron will most often be used in subtle or lower quantities as part of a prescription. Saffron is used by Western herbalists to treat a number of conditions associated with the nervous and cardiovascular systems, as well as to support those suffering with depression.</p> <p>https://www.herbalreality.com/herb/saffron/</p> <p>Sold here I think in the US as a flower essence https://emeraldpomegranate.squarespace.com/shop/p/strawberry-flower-essence-gdcbd-99msr-dcf7e-sdc25-2b65h</p>

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.

Reminders:

- You are currently in a significant transitional stage of your life. It's okay not to create intense rules or structure right now. Be gentle with yourself and allow for flexibility during this period of change.
- Remember that progress isn't always linear. It's normal to have ups and downs, especially during times of transition.

Congratulations:

Well done on consistently taking your supplements! This shows commitment to your health and is a positive step towards overall wellbeing. Keep up the great work!