



Ashleigh van Nierop. Naturopath  
BHSc (Nat), Bach Comp Med. Member ANTA.

[Ash@biosoulnaturopathy.com](mailto:Ash@biosoulnaturopathy.com)

[www.Biosoulnaturopathy.com](http://www.Biosoulnaturopathy.com)

TREATMENT PLAN FOR :

Date:

Assessment	<p>Fat malabsorption Gut-brain axis dysregulation Likely inflammation Liver? Insufficient nutrition ADHD/chronic stress Circadian dysregulation and sleep issues. TMJ dysfunction/bruxism Heartbeat irregularities Overwhelm</p> <p>Lymphatic congestion in ear/immune dysregulation</p>
Health Goals	<p>Short Term:</p> <ul style="list-style-type: none"><li>- <b>Resolve ear congestion</b> by taking herbal medicine.</li><li>- <b>Reduce cortisol</b> levels by taking herbal medicine (Withania) to help reduce feelings of stress, jaw clenching, improve sleep, mood. 7 weeks initially.</li><li>- <b>Begin reducing neuroinflammation</b> through use of SPM (high potency omega 3's). See Vital.ly for prescription</li><li>- <b>Implement a morning routine.</b> This will help you increase sunlight exposure to regulate circadian rhythm - by starting the day walking the dog and making breakfast (see Lifestyle for more details).</li><li>- <b>Have a nutritious high protein breakfast</b> each day (see Diet section for more details).</li></ul> <p>Long term:</p> <ul style="list-style-type: none"><li>- <b>Address gut health</b> – normalise bowel motions, improve fat tolerance, reduce bloating, reduce nausea, improve nutrient absorption, reduce inflammation.</li><li>- Develop regular routines to help manage motivation, sleep.</li><li>- Enhance sleep quality</li><li>- Improve clarity of mind, reduce brain fog.</li></ul>

	<ul style="list-style-type: none"> <li>- Reduce feeling of stress, overwhelm.</li> </ul>
Diet	<ul style="list-style-type: none"> <li>- <b>For the next 4 weeks start each day with a high protein breakfast.</b> Think of this as a self-love ritual, a gift to yourself. Starting the day with a high protein breakfast.</li> </ul> <p><b><u>Food Ideas:</u></b></p> <p><b>Smoothies.</b> Ingredient Ideas: Protein powder, Greek yoghurt, frozen fruits, nut butters (if tolerated), oats, plant milk (if dairy is not well tolerated), cacao, green tea matcha powder, kefir, chia seeds, flax seeds, frozen spinach, dates, cinnamon, turmeric.</p> <p><b>Eggs:</b> - Suggestions for sides: Sour dough toast, beans, cooked tomato, wilted spinach, capsicum, mushroom, olives, onion, green herbs, hemp seeds, flax seeds, lime juice, chilli, chilli oil, etc. Or make a veggie packed omelette.</p> <p>Many people love to make a frittata – it’s a great way to pre-make breakfast, pack it with veg and have it pre-sliced in the fridge ready to eat for brekky 😊</p> <p><b><u>More Info:</u></b></p> <p>ADHD brain often struggles with neurotransmitter regulation- <b>protein provides the amino acids needed to synthesize these neurotransmitters.</b> A protein-rich breakfast can help stabilize brain chemistry and <b>boost focus, alertness, and impulse control.</b></p> <p>High-protein meals <b>prevent blood sugar spikes and crashes</b>, unlike sugary breakfasts (e.g., pastries, cereal). This helps maintain <b>even energy levels</b> throughout the morning and reduces irritability or mental fog.</p> <p>Brain fog can stem from <b>blood sugar fluctuations, nutrient deficiencies, and poor sleep</b>—all of which can be improved with proper morning nutrition.</p> <p>Chronic stress increases <b>cortisol</b>, which can lead to energy depletion and mood swings.</p> <p>A solid breakfast with protein helps buffer cortisol’s effects and supports <b>adrenal health.</b></p> <p>Breakfast is tied to <b>better decision-making, planning, memory</b>, and motivation—areas often impacted in ADHD.</p>
Lifestyle	<ul style="list-style-type: none"> <li>- Aim to wake each morning by 7:30 am, and within 30 minutes of waking up, get outside so you are exposed to natural light. Take your dog for a walk – even if it’s raining a little! This will help set up your circadian rhythm for the day – it will signal to your brain that you need to make serotonin through the day and help you produce more melatonin at night.</li> </ul> <p>Here's a great resource if you'd like to read a little more. <a href="https://www.hubermanlab.com/newsletter/using-light-for-health">https://www.hubermanlab.com/newsletter/using-light-for-health</a></p> <ul style="list-style-type: none"> <li>- Remember small achievements such as making breakfast, getting up and walking the dog a little earlier will give you natural dopamine and a sense of accomplishment all within that first hour of waking up 😊 It will also help you fall asleep a little earlier.</li> </ul>

<b>Barriers</b>	<ul style="list-style-type: none"> <li>- Waiting for microbiome map to address gut health.</li> </ul>
<b>Referral/Investigations</b>	<p><b>Microbiome map</b> – see email from Nutripath</p> <p>By improving your gut health, we can help your body produce the chemicals it needs to regulate your mood and focus better. By fixing your gut, we can help your brain work better too. This can make managing ADHD symptoms easier and improve your overall mood. A healthy gut can strengthen your immune system, making you less likely to get sick.</p> <ul style="list-style-type: none"> <li>-</li> </ul>
<b>Prescription</b>	<ul style="list-style-type: none"> <li>- Metagenics SPM. 1 capsule daily</li> <li>- Continue taking magnesium glycinate nightly.</li> <li>- Herbal mixture for unblocking ear. 7ml 2x day (Echinacea, Poke root, Ginger, Ribwort, Calendula)</li> <li>- Herbal mixture to reduce cortisol. 4ml per day (Withania somnifera/Ashwagandha)</li> </ul>
<b>Recipes:</b>	-
<b>Other</b>	<p>Return visit May 9<sup>th</sup> 12pm</p> <p>See Gabor Mate's book Scattered Minds. You may find it super interesting.</p> <p><a href="https://www.amazon.com.au/Scattered-Minds-Origins-Attention-Disorder/dp/1785042211/ref=asc_df_1785042211?mcid=667b3df05be23f45b9091f8b05dd254e&amp;tag=googleshopdsk-22&amp;linkCode=df0&amp;hvadid=712380760472&amp;hvpos=&amp;hvnetw=g&amp;hvrnd=8983473389709475206&amp;hvpon=&amp;hvptwo=&amp;hvqmt=&amp;hvdev=c&amp;hvdvcmdl=&amp;hvlocint=&amp;hvlocphy=9070604&amp;hvtargid=pla-597636894431&amp;psc=1&amp;gad_source=1">https://www.amazon.com.au/Scattered-Minds-Origins-Attention-Disorder/dp/1785042211/ref=asc_df_1785042211?mcid=667b3df05be23f45b9091f8b05dd254e&amp;tag=googleshopdsk-22&amp;linkCode=df0&amp;hvadid=712380760472&amp;hvpos=&amp;hvnetw=g&amp;hvrnd=8983473389709475206&amp;hvpon=&amp;hvptwo=&amp;hvqmt=&amp;hvdev=c&amp;hvdvcmdl=&amp;hvlocint=&amp;hvlocphy=9070604&amp;hvtargid=pla-597636894431&amp;psc=1&amp;gad_source=1</a></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.*