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TREATMENT PLAN FOR :

Imogen Taylor

Date: 8.5.25

<b>Health Goals</b>	<ol style="list-style-type: none"><li><b>1. - Increase Fibre Intake:</b> Gradually reintroduce high-fibre foods in small amounts to improve bowel regularity and overall gut health  Foods to include:<ul style="list-style-type: none"><li>- Cooked cabbage</li><li>- Kiwi with skin</li><li>- Kale</li><li>- Red capsicum</li><li>- Lentils</li><li>- Black beans</li><li>- Butter beans</li></ul></li><li><b>2. Meal Preparation:</b> Dedicate one hour weekly to meal preparation to ensure cooked vegetables are readily available. This will help maintain a consistent vegetable intake despite a busy work schedule. Lightly boil or steam and pop in a container so theyre easy to grab and throw in things. Suggested vegetables for meal prep include:<ul style="list-style-type: none"><li>- Broccoli</li><li>- Carrots</li><li>- Zucchini</li><li>- Red and green capsicum</li><li>- sweet potato</li><li>- pumpkin</li></ul></li><li><b>3. Apple Cider Vinegar:</b> Implement apple cider vinegar before meals to support digestion. Use one tablespoon in a bit of water before meals.</li></ol>
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<b>Diet</b>	<ul style="list-style-type: none"> <li>- Foods high in <b>fibre</b> to try reintroducing: <ul style="list-style-type: none"> <li>- Cooked cabbage</li> <li>- Kiwi with skin</li> <li>- Kale</li> <li>- Cannellini beans</li> <li>- Adzuki beans</li> <li>- Black beans</li> <li>- Butter beans</li> </ul> </li> <li>+ broccoli, cauliflower, brussel sprouts.</li> </ul> <p>Start with small portions (1/4 cup) well cooked (except kiwi)</p>
<b>Lifestyle</b>	<ul style="list-style-type: none"> <li>- <b>Personal Boundaries:</b> Maintain strong personal boundaries to reduce stress and improve overall well-being. This includes setting limits in personal relationships and work commitments.</li> <li>- <b>Physical Activity:</b> Continue regular physical activities such as ballet and dancing. These activities are beneficial for nervous system health and overall happiness. Aim to engage in these activities at least once a week to manage stress and improve mental health.</li> </ul>
<b>Barriers</b>	<ul style="list-style-type: none"> <li>- Time</li> </ul>
<b>Referral/Investigations</b>	<ul style="list-style-type: none"> <li>- Retest thyroid in October</li> </ul>
<b>Prescription</b>	<ul style="list-style-type: none"> <li>- Provided another optional gut powder- <b>Orthoplex Gut-R.</b></li> <li>- Continue with HPA Forte thyroid supplement</li> <li>- Continue with B vitamins</li> <li>- Continue with NervaCalm</li> <li>- Take a break from current gut powder and slippery elm for 2 weeks. Can bring back at any time. Bring back a gut powder after 3-4 weeks max.</li> </ul>
<b>Recipes:</b>	-
<b>Other</b>	Return visit before the end of June. We can set up a 3-month plan for you to continue making improvements. Will assess how bowels are functioning and foods that have been successfully reintroduced.

*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.*