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TREATMENT PLAN FOR : Emma Stack

Date: 9.5.25

<b>Health Goals</b>	<ol style="list-style-type: none"><li><b>1. Continue Morning Routine and Regular Breakfast</b><ul style="list-style-type: none"><li>- Maintain the current morning routine of going to bed before midnight, waking at 7:30 am, and engaging in activities like reading or colouring outside.</li><li>- Continue having breakfast daily, remember protein as the basis for breakfast.</li></ul></li><li><b>2. Implement Liver Detoxification Support</b><ul style="list-style-type: none"><li>- Take the prescribed liver detoxification powder twice daily for 3 weeks.</li><li>- Add psyllium husk daily to support the detoxification process (See prescription)</li></ul></li><li><b>3. Increase Vegetable Intake</b><ul style="list-style-type: none"><li>- Add one high-fibre vegetable (broccoli or cabbage) to dinner daily (See diet)</li></ul></li><li><b>4. Reduce Coke Consumption</b><ul style="list-style-type: none"><li>- Limit Coke consumption to a <i>maximum</i> of one can daily.</li></ul></li></ol>
<b>Diet</b>	<ul style="list-style-type: none"><li>- <b>- High-Fibre Vegetables:</b> Incorporate into dinner daily. These vegetables are beneficial for liver health and provide necessary dietary fibre. Veg suggestions (all well-cooked): Broccoli Cabbage Brussel Sprouts Kale Lentils</li><li>- <b>- Psyllium Husk:</b> Purchase psyllium husk from the supermarket or health food store and take it daily. This will help in the detoxification process by ensuring that toxins are effectively excreted from the body.</li></ul>

	<p>1 rounded teaspoon twice daily in liquid (ideally water, otherwise in a little bit of high quality juice)</p> <p>Fibre is one of the most important tools we have for healing your gut and supporting your overall health. It feeds your <b>gut microbiome</b> — the beneficial bacteria that help with digestion, reduce inflammation, produce mood-boosting neurotransmitters, and even support your immune system. Fibre also helps <b>keep your bowels moving regularly</b>, which is essential for clearing out waste, excess hormones, and toxins your liver has already processed. Without enough fibre, this waste can get reabsorbed, slowing healing and contributing to symptoms like bloating, fatigue, and hormonal imbalance. Different types of fibre have different roles: some act like <b>brooms</b>, sweeping out your digestive tract and binding to toxins and cholesterol, while others act like <b>food for your good gut bacteria</b>, helping them grow and strengthen your gut lining. Fibre also supports your <b>liver</b> by reducing the amount of toxins it needs to filter, and helps regulate blood sugar and inflammation. For you, getting enough fibre is a key part of rebalancing your gut, calming inflammation, improving mental clarity, and supporting every other system we'll be working on.</p> <p><b>Dietary Adjustments:</b> Maintain the current breakfast routine and add high-fibre vegetables to dinner. Reduce Coke consumption to one can daily to decrease excessive sugar intake and support liver health.</p>
<p><b>Lifestyle</b></p>	<ul style="list-style-type: none"> <li>- <b>Morning Routine:</b> Continue the established morning routine, which includes going to bed before midnight, waking at 7:30 am, and spending time outside walking the dog, reading or colouring. You've done so well with this!</li> <li>- <b>Detoxification support.</b> Before we move into gut repair and hormone balancing, it's important to support your <b>liver</b> — the organ that acts like your body's filter and processing center. Your liver helps clear out toxins, metabolise hormones like estrogen, and supports digestion, especially of fats. Based on your symptoms — like fatigue, digestive upset, hormonal imbalances, and brain fog — your liver is likely under extra pressure from stress, past antibiotic use, vaping, coke, inflammation, and an overloaded gut. If it's not working efficiently, toxins and hormone byproducts can build up and make everything else harder to treat. The detox we're starting is gentle and supportive, not a harsh cleanse. It includes amino acids and plant compounds (like broccoli sprout and DIM) that help your liver neutralise and safely eliminate waste, while also improving hormone balance</li> </ul>

	and preparing your gut for healing. Starting here gives your body a clean foundation and makes the next steps — like gut repair and nutrient absorption — much more effective.
<b>Barriers</b>	- Stress
<b>Referral/Investigations</b>	- Will consider hormonal testing and/or microbiome mapping if necessary in October.
<b>Prescription</b>	<ul style="list-style-type: none"> <li>- DetoxPro Orthoplex. 1 scoop (4.5 g) twice daily mixed with water; consume immediately.</li> <li>- Psyllium husk. 1 rounded teaspoon twice daily.</li> <li>- If feeling brave start taking the withania herbal medicine. Optional.</li> </ul>
<b>Recipes:</b>	
<b>Other</b>	<p><b>Follow-Up and Future Plans</b></p> <ul style="list-style-type: none"> <li>- Follow-up appointment in 3 weeks to assess progress and implement a gut repair protocol (<b>Friday June 30<sup>th</sup> at 12 midday</b>)</li> <li>- Consider addressing hormonal issues after returning from Europe in October and/or microbiome mapping.</li> </ul> <p><b>Plan</b> (Just so you know where we are heading!)</p> <p>From today:</p> <p><b>Phase 1 (Weeks 1–3): Liver Detox Support</b></p> <ul style="list-style-type: none"> <li>• <b>Detox powder</b> with amino acids, broccoli &amp; radish sprouts, and <b>DIM</b> → Excellent for phase I and II liver support.</li> <li>• Helps <b>upregulate estrogen clearance</b> (relevant to her menstrual issues) and begin lowering systemic inflammation.</li> <li>• Maintain <b>dietary improvements and morning routine</b>.</li> </ul> <p>✅ <b>Assessment:</b> This phase supports estrogen metabolism, inflammatory load, and prepares her body for gut repair.</p> <p><b>Phase 2 (Weeks 4–8): Gut Repair</b></p> <ul style="list-style-type: none"> <li>• Introduce <b>SBI</b> and <b>gut support formula</b></li> <li>• This is the <b>perfect window</b> to seal and heal the gut lining <i>after detox</i>, reducing immune reactivity and improving digestion/absorption.</li> </ul>

	<p>✔ <b>Assessment:</b> This phase targets root causes of nausea, diarrhea, food reactivity, and likely leaky gut.</p> <p><b>When to Introduce Probiotics?</b></p> <p>💡 <b>Recommended Timing: Week 6–8, toward end of gut repair phase</b></p> <ul style="list-style-type: none"> <li>• Once gut lining is stabilising and inflammation is lowered (thanks to SBI + GI support), this is a <b>safer time to introduce probiotics</b> without risk of aggravating symptoms.</li> <li>• Starting too early can <b>worsen symptoms</b> if the mucosal barrier is still inflamed.</li> </ul> <p><b>Suggested Probiotic Approach:</b></p> <ul style="list-style-type: none"> <li>• <b>Begin with low-dose, multi-strain broad-spectrum</b> (e.g., <i>Lactobacillus</i> + <i>Bifidobacterium</i> species) or a <b>spore-based</b> probiotic if bloating/gas is a concern.</li> <li>• Introduce <b>slowly</b> (every other day at first), monitor for symptoms.</li> <li>• After 2–3 weeks, can layer in <b>prebiotic</b> fibers like partially hydrolyzed guar gum (PHGG) or consider 2'-FL if tolerated.</li> </ul>

*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.*