



Treatment Plan- Melanie Taylor

29/05/2025

The following recommendations aim to address the main focus of our consultation today which was to provide your body with additional support to assist with managing ongoing and significant stress.

Recommendations

Commence Herbal Tincture which includes:

Oats Seed (*Avena sativa*)- a gentle and nourishing nervine tonic which can assist with managing stress and anxiety, while rebuilding and restoring healthy nervous system function.

Rehmannia (*Rehmannia glutinosa*) – an adaptogen which is useful in improving the body's ability to manage stress (either physical, emotional or environmental). Also, an adrenal tonic/trophorestorative which supports and restores healthy adrenal function.

Vervain (*Verbena officinalis*)- a mild antidepressant and nervous system tonic which strengthens the nervous system, regulates mood and reduces tension.

Liquorice (*Glycyrrhiza glabra*)- an anti-inflammatory and adrenal tonic useful in assisting the body to manage chronic stress and adrenal fatigue and depletion. It also affects the endocrine system in general and can be beneficial in menstrual dysfunction and managing menopausal symptoms.

Lavender (*Lavandula angustifolia*)- a soothing and relaxing nervine which reduces anxiety, nervous tension and promotes sleep.

Dosage: 5 mls 2x per day with food

Suggested Supplement

BioActivated B (by BioMedica)- this formula contains active B vitamins and other minerals to support the nervous system and assist with energy production.

Dosage: 1 capsule daily with food

Herbal Tea (at night) which includes:

Lavender (as above)

Succalcap- a mild sedative which can assist with nervous system excitability, wakefulness and restlessness.

Chamomile- calms and relaxes the nervous system and promotes sleep.

Passionflower- promotes sleep and combats circular thinking or ruminating thoughts.

Other Recommendations

- Increase essential fatty acid intake (EFA) to support brain and cognitive function (e.g. olive oil, chia seeds, walnuts, flaxseed)
- Replace one hot chocolate per day with dandelion root tea (great for liver support)

Stress Management

- Consider using the five senses grounding technique when feeling anxious or overwhelmed (5,4,3,2,1 Technique)
 - Identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste
- Try simple breathwork techniques (such as inhaling slowly through the nose for 4, holding for 7 and breathing out for 8 or alternate nostril breathing)
- Continue other self-care practices you find relaxing and enjoyable (e.g. Pilates, walking, reading)
- Continue regular appointments with psychologist
- Maintain a healthy bedtime routine to improve sleep which can include:
 - Having a regular sleep/awake time
 - Trying to get to bed by 10pm
 - Ensuring daily sunlight exposure of 30-60mins (esp. morning sun, in conjunction with sun smart practices)
 - Avoiding scheduling too many activities at night which may leave insufficient time to wind down
 - Stopping all activities that require concentration or cognitive behaviour at least 30mins before bedtime

Follow Up Appointment

- Review current treatment plan
- Consider switching current magnesium supplement
- Investigate menstrual irregularities and possible hormonal imbalance. Consider completing symptom tracker
- Provide further nutritional advice