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TREATMENT PLAN FOR : Shayla Grant

Date: 6/6/25

Health Goals	<ol style="list-style-type: none">1. Reach goal weight of 51kgs by October 6th. Approx 1 kg per month. Achieve this by maintaining breakfast routine, having some form of lunch and engaging in V-Shred routine to gain muscle.2. Maintain established morning breakfast routine to help increase energy, support weight gain and digestive function. (You're doing so well!)3. Introduce ginger tea 30 minutes before meal to help stimulate appetite and digestive juices.4. Maintain current herbal medicine regimen to support nervous system, digestion.5. Continue PHGG to maintain healthy, regular bowel movements and support microbiome.
Diet	<p>- Continue breakfast routine. Focus on having proteins (meat, egg, greek yoghurt), fats (seeds, nuts, olive oil, avo), fibre (fruit, veg) and some healthy carbs (fruit, veg, quality bread, oats).</p> <p>Lunch.</p> <p>Begin to eat a lunch daily. No pressure to make it big, but let's start by training your mind and stomach to expect food around the same time each day. Lunch can be as simple as fruit or yoghurt, a (good quality) muesli bar, dried fruits and nuts, a sandwich, cheese and crackers, anything you like. Start modest and work your way up to a slightly larger meal</p> <p>More brekky food ideas:</p> <ul style="list-style-type: none">-Breakfast muffins (blueberry, raspberry)- Oatmeal muffins with cinnamon and diced apples-Banana bread muffins (eggs, almond meal instead of flour, mooshed bananas etc)

	<ul style="list-style-type: none"> - Can try using almond meal base for more calories, more filling, less white flour. - Incorporate nuts, seeds, or oats. - use molasses or fruit instead of white sugar. - Find recipes that incorporate protein powder. - Zucchini choc muffins. <p>Savoury breakfast muffins – eggs, bacon, spinach, sundried tomato etc. Spinach fetta and egg.</p> <ul style="list-style-type: none"> -Chia seed puddings -Overnight oats -Seed and nut crackers - Make or buy flax-based crackers (I think Olina's makes these at coles or woollies in the healthfood aisle) and top with almond butter, sliced apple, and a sprinkle of cinnamon, or try cream cheese with cucumber and dill. -Breakfast "cookies" - Bake oat-based cookies with ground flaxseed, protein powder, nut butter, and minimal sweetener. They're like portable breakfast bars. -Frittata <p>- Slow cooker meals – hearty, healthy and you can meal prep with them.</p>
Lifestyle	<ul style="list-style-type: none"> - Dedicate 3 times per week to begin an exercise routine. Great for mental health, overall energy levels and muscle mass gain.
Barriers	-
Referral/Investigations	<ul style="list-style-type: none"> - Jen from Intuitive Embodiment. She offers a free "Clarity call" where you can discuss your options. Tell her I sent you - and see if you can do in-person sessions here (if you prefer). <p>https://www.intuitive-embodiment.com/</p>
Prescription	<ul style="list-style-type: none"> - Herbal medicine. 7ml 2x daily <p>Fennel Chamomile Oats Calendula St Mary's Thistle Ginger Maritime Pine</p>
Recipes:	-
Other	Next appt Oct 6 th at 9am 😊

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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.