

Treatment plan

Herbal medicine consultation - Initial consultation



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Initial consult: 07/06/2025

Client - Abhimanyu Sadanandan

Subject: Initial consultation treatment plan

Hello Aish,

Thank you for bringing Manu in for a consultation on 07/06/2025.

Concerns:

Dry skin, goosebumps on the torso and back of the body, similar bumps on the shoulders with dark patches, and itchiness—especially after bathing and during sleep.

These symptoms resemble dry eczema, but there are no signs of infection or pus-filled pustules.

Possible Condition:

Keratosis pilaris. I recommend getting this diagnosed by a skin specialist/dermatologist.

Recommendations

Tests:

- Blood test to check Vitamin D levels
- Serum zinc levels

Dietary Recommendations

Support the skin barrier and promote healing by including the following nutrients in Manu's diet:

1. Foods Rich in Vitamin A

Vitamin A is essential for cell renewal, skin repair, and the production of new skin cells, membranes, and tissues. It helps keep the skin smooth and glowing.

Suggestion:

Give Manu one small glass of freshly blended carrot smoothie daily. Blend carrots with a few strawberries, two soaked dates (for subtle sweetness), one tablespoon of flaxseed oil, and a few sprigs of parsley or coriander leaves (optional). Parsley and coriander aid gentle detoxification. Adding a healthy fat like flaxseed or olive oil enhances the absorption of Vitamin A.

Food Sources:

Apricots, carrots, pumpkin, sweet potatoes, beet greens, butternut squash, kale, collard greens, spinach, and romaine lettuce.

2. Foods Rich in Zinc

Zinc supports collagen formation and tissue healing. It also helps reduce inflammation and redness.

Food Sources:

Chia seeds, chickpeas, mushrooms, pumpkin seeds, quinoa, sesame seeds, and walnuts.

Add chia seeds, pumpkin seeds, or walnuts to breakfast oats or porridge.

Alternatively, you can powder chia and pumpkin seeds in equal parts and add them to smoothies.

3. Foods Rich in Omega-3 Fatty Acids (Including ALA, EPA, and DHA)

Omega-3s strengthen cell membranes and the skin barrier, supporting healthy oil production with fewer blackheads.

Food Sources:

Chia seeds, ground flaxseeds, hemp seeds, and walnuts.

Use **organic flaxseed oil**: mix 1 tablespoon into breakfast oats or the carrot smoothie daily.

It can also be massaged into the skin after a bath to moisturise and soothe.

4. Cooling Foods

To reduce body heat—especially in summer—include naturally cooling foods like watermelon, cucumber, coconut water, and grapes.

According to Ayurveda, dry skin may be linked to a Pitta imbalance.

1. Foods to Avoid

Avoid processed foods, sugar, artificial colouring, and preservatives.

Switch from cornflakes to plain rolled oats. Add chia seeds, flaxseed powder or oil, walnuts, and berries for a more nourishing start to the day.

Skincare Recommendations

1. Oatmeal Bath:

You can try one of the following methods for an oatmeal bath:

- [PetalDew Blog – Oatmeal Milk Bath for Babies](#)
- [PetalDew Facebook – Oatmeal Bath Post](#)

Alternatively, you can purchase ready-made oatmeal bath products:

- [Topnatur Oatmeal Bath Powder \(for children\)](#)
- [Childs Farm OatDerma Baby Wash \(with oatmeal extract\) – ideal for travel](#)

2. Oil Massage:

After bathing, massage the skin with flaxseed oil, alternating with carrot-infused oil for nourishment and skin barrier support.

3. Calendula Balm:

Calendula is well-researched for relieving dry skin conditions. It offers anti-inflammatory, antiseptic, and wound-healing properties. I recommend the following balm, which contains calendula extract and other soothing plant oils:

- [Bergland Protective Calendula Balm \(200 ml\)](#)

This balm is convenient for travel or when out and about. It can be used as a moisturiser. **Please patch test before use.**

Lifestyle Recommendations

1. Use a Humidifier:

Consider using a humidifier in the room to increase air

moisture. This helps keep the skin hydrated and reduces itchiness.

- [Vicks Sweet Dreams Humidifier](#)

2. **Wear Natural Fibre Clothing:**

Choose breathable fabrics such as cotton, linen, and hemp. Loose-fitting clothing is ideal. Merino wool is also beneficial for dry skin.

3. **Switch to Fragrance-Free Laundry Powder:**

Use eco-friendly, fragrance-free laundry powder to minimise skin irritation.

4. **Avoid Artificial Fragrances:**

Avoid synthetic fragrances in all household and personal care products.

Herbal Script

Please refer to the attached script for:

1. **Topical Herbal Cream** – 100 grams
2. **Herbal Tonic (Tincture)** – 200 ml

These formulations are suitable for addressing dry skin conditions. Kindly ask your herbalist to compound them using the listed ingredients.

I look forward to hearing how you progress!

Please book a return consultation in 3 months time to review the progress and set new goals. Kindly bring along the latest blood test results for this follow-up appointment.

You've got this!

Thanks,
Bhuvi P.

Clinical Herbalist at Herbal Whisperer