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TREATMENT PLAN FOR : Ellie Alderton

Date: 18/6/25

Health Goals	<p>1. Dietary Management:</p> <ul style="list-style-type: none">- Continue with structured meal planning, including high-protein breakfasts, meal-prepped lunches, and balanced dinners.- Maintain a focus on reducing sugar intake and managing insulin resistance through diet.- YOU ARE DOING SO GREAT! <p>2. Stress Management:</p> <ul style="list-style-type: none">- Implement strategies to manage work-related stress, including setting boundaries and expressing needs and wants at work.- Explore energy work options such as Reiki or embodiment therapy to address underlying emotional and energetic issues. See below for more info. <p>3. Supplementation:</p> <ul style="list-style-type: none">- Continue with current supplements: myo-inositol, berberine, and herbal medicine.- Use magnesium spray and consider adding Diasporal magnesium powder if needed. <p>4. Physical Activity:</p> <ul style="list-style-type: none">- Maintain regular Pilates sessions to support physical health and stress reduction. <p>5. Monitoring and Follow-Up:</p> <ul style="list-style-type: none">- Monitor for any recurrence of unusual urine odour and get kidney function testing if symptoms persist.- Plan for a comprehensive blood test in October to assess insulin levels, thyroid function, and overall progress.
Diet	<ul style="list-style-type: none">- Keep meal prepping!
Lifestyle	<ul style="list-style-type: none">- Get sassy at work. It's good for your throat chakra 😊

Barriers	-
Referral/Investigations	<ul style="list-style-type: none"> - Kidney testing (Clinical Labs) if urine odour persists 2 days. Email me when you do this so I can check in for results. <p>Jen. Embodiment, spiritual services. https://www.intuitive-embodiment.com/</p> <p>Kristie – Kinesiology, shamanic and spiritual services. Book early to get appt. https://www.heartspacetherapy.com.au/</p>
Prescription	<ul style="list-style-type: none"> - Inositol - Berberine - Herbal medicine (same as last time) - Magnesium
Recipes:	-
Other	<ul style="list-style-type: none"> -Book back in early October for check up and further blood testing (insulin, glucose, thyroid etc). -Message me when you run out of herbal medicine and I'll make you a repeat (smaller if needed)- I'd like you to keep taking it until we re-test in Oct.

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.