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TREATMENT PLAN FOR : Jesse Child Date: 27.6.25

Health Goals	<ol style="list-style-type: none">1. Continue current supplement regimen2. Start incorporating 1-2 teaspoons of psyllium husk into smoothies or water daily to slow bowel transit time, allowing for nutrients to have more time to be absorbed into the GI tract.3. Organise for microbiome/GI mapping to be done in September, ready for review in Oct at next appointment.
Diet	<ul style="list-style-type: none">- If you want dairy, try opt for small amounts of older cheeses such as pecorino, parmesan, aged gouda. Some goats milk cheeses are lower in lactose also. <p>Minimise cheddar, young cheeses, kraft singles, ricotta, mascarpone, cottage, brie, camembert. Milk, yoghurts.</p> <p>Remember the reaction you have from eating lactose causes inflammation and damage to the gut- which has a cascade of negative effects in other parts of the body.</p> <ul style="list-style-type: none">- Continue the matcha green tea.- 1-2 tsp psyllium daily into smoothie or water.
Lifestyle	-
Barriers	-
Referral/Investigations	<ul style="list-style-type: none">- Microbiome map- see email from CoBiome - \$425 <p>How it can support your health: Help us understand how compromised/damaged your gut is, and know how much the microbiome is contributing to your health presentation and future disease risk! Knowledge of</p>

	<p>how your diet is contributing to your gut health presentation. Customised dietary guidance of what foods you should avoid, or consume more of. Which exact supplements do you require? Which specific probiotics and prebiotics would benefit you the most.</p> <p>Support mental health and wellbeing.</p>
Prescription	<p>- As before:</p> <p>Mg glycinate</p> <p>Saffron + Zn</p> <p>Ashwagandha</p> <p>High dose fish oil</p> <p>Methylated/activated B vitamins</p>
Recipes:	-
Other	If we can address and correct any GIT issues, hopefully we can reduce the number of supplements needed <i>longer term</i> 😊

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.