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TREATMENT PLAN FOR :

Indi Law

Date: 27.6.25

Health Goals	<ol style="list-style-type: none">1. Goal: Improve acne and reduce inflammation. By: Adjusting herbal medicine to include ingredients for skin healing and anti-inflammatory effects. Introducing Vitamin A for skin healing, wound healing, and integrity. Introducing gut restorative powder to address gut health, which impacts skin inflammation. Continuing green tea intake, both internally and topically as a toner. Addressing immune system hyper-reactivity by reducing exposure to dog fur.2. Goal: Regulate hormones and reduce symptoms like spotting and pre-menstrual acne flare-ups. By: Introducing Vitex (chaste tree), a hormonal herb known to regulate hormones and treat hormonal acne. Addressing gut health, as gut and liver function are linked to hormone balance.3. Goal: Improve bowel movements and address gut dysbiosis. By: Introducing gut restorative powder containing prebiotics and ingredients to support gut lining and reduce inflammation.
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	<p>Continuing existing probiotics or incorporating fermented foods like sauerkraut/kimchi.</p> <p>Increasing fibre intake through dietary modifications (vegetables)</p> <p>4. Goal: Improve energy levels, reduce immune load, and manage stress.</p> <p>By: Implementing regular, nourishing breakfast options to maintain energy throughout the day.</p> <p>Reducing chronic immune stimulation by minimising exposure to dog fur.</p>
Diet	<ul style="list-style-type: none"> - Focus on savoury and warm options. <p>Prioritise fibre and protein.</p> <p>Protein/fruit smoothies for warmer months</p> <p>Consider meal-prepped options like quiches or frittatas.</p> <p>Sometimes leftovers are a nice option</p> <p>Organic oats are a good option, with added nuts or seeds for protein and fibre.</p> <p>Muffin-tin frittatas or pre-made wraps with egg and vegetables to put in sandwich press.</p> <p>Continue drinking large mugs of green tea.</p> <p>Work on increasing water intake throughout the day, even during winter.</p> <p>Continue taking existing probiotics if available.</p> <p>If not, incorporate a bite of sauerkraut or kimchi daily. Look for "hippie-dippy" looking brands in the fridge section for actual fermentation.</p> <ul style="list-style-type: none"> -
Lifestyle	<ul style="list-style-type: none"> - Encourage the dog to sleep on a blanket at the foot of the bed to reduce fur exposure and minimise immune reactions. - Continue taking monthly photos of skin to track changes. <p>Consider using strong, cooled green tea as a topical toner for</p>

	<p>the face to reduce redness and prevent infection of lesions.</p> <ul style="list-style-type: none"> - Keep an eye on the spotting. <p>If the opportunity arises during a GP visit, consider asking for hormone testing and a general health check-up, including iron levels.</p>
Barriers	-
Referral/Investigations	<ul style="list-style-type: none"> - In future we could do a microbiome map if we cannot achieve the desired results. Consider there may be a “naughty” bacteria disrupting things in your gut.
Prescription	<ul style="list-style-type: none"> - 8 weeks then stop and monitor. GI-revive 1-2 serves per day (see directions for dosing on back) <p>5 weeks then stop and monitor. Herbal liquid (7.5ml 2x daily)</p> <p>Ongoing until I see you again. Adalase 1x daily</p> <p>Ongoing until I see you again. Vitex 1x daily</p>
Recipes:	-
Other	

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.