



Treatment Plan- Isabella Jones
27/06/2025

The following recommendations aim to address the main focus of our consultation which was support Belle's immune system and improve overall gut health prior to her diagnostic procedure.

Commence Herbal Tincture which contains:

Elderberry (*Sambucus nigra*)- Elderberry is an antioxidant, helps to support healthy immune system function and also contains vitamin C along with other vitamins and minerals.

Astragalus (*Astragalus membranaceus*)- Astragalus is one of the most effective herbs to support the immune system and is beneficial in a range of conditions relating to immune system dysfunction. It is also antioxidant, increases vitality and improves the body's ability to manage stress (physical, emotional or environmental).

Chamomile (*Matricaria chamomilla*)- Chamomile is a soothing and calming herb which relaxes both the nervous and digestive systems. It reduces anxiety and can be effective in managing constipation in children.

Dosage: 5 drops in water, twice per day.

Suggested Supplements

Enterocare (by Biomedica)- a unique soothing and rebalancing formula for the gut containing prebiotics, probiotics, soluble fibre, glutamine and slippery elm. This formula assists in healing the lining of the gut, supporting the growth of healthy gut bacteria and relieving constipation.

Dosage: ¼ teaspoon in water or sprinkled over food twice per day. Contains fibre therefore, ensure adequate intake of fluids.

Kids Liquid Zinc (by Brauer)- a liquid supplement containing zinc, vitamin C and D3 to support and enhance immune system function

Dosage: 2mls twice per day with food.

Other Recommendations

- General suggestions which may assist with relieving constipation:
 - Drinking prune juice (250ml)
 - Eating pears or pear juice
 - Reducing anxiety and offering a distraction while going to the toilet (e.g. taking a book, Ipad to the toilet)

- Increasing fibre intake

Follow-up Appointment

It would be great to get Belle back for a follow up appointment. At this time, we would:

- Review suggested treatments above and discuss your observations
- Discuss ways to support Belle's body following diagnostic scans containing liquid gallium
- Discuss further ways of improving bowel function, digestive health and nutrient intake