



Ashleigh van Nierop. Naturopath
BHSc (Nat), Bach Comp Med. Member ANTA.
Ash@biosoulnaturopathy.com
www.Biosoulnaturopathy.com

TREATMENT PLAN FOR : Tina Mathew Date: 16/10/25

Health Goals	<ol style="list-style-type: none">1. - Investigate the root causes: We'll use some specific tests (saliva and blood) to get a clearer picture of what's happening with your stress hormones and blood sugar levels. This will help us understand your metabolism better.2. - Improve sleep quality: You will begin a herbal liquid to help you achieve deeper, more restorative sleep. Improving sleep is a key foundation for boosting energy and supporting a healthy metabolism.3. - Increase energy and vitality: We will start a new iron supplement to help correct your iron deficiency. This will help to increase your energy, reduce fatigue, and support your ability to be more active.4. - Optimise your diet: Keeping a detailed food diary for 5 days will help us understand your current eating patterns. From there, we will create a plan to ensure you are getting enough protein and fibre to support your metabolism and weight loss goals.5. - Manage stress levels: We will introduce a herbal supplement (Ashwagandha) to help naturally lower your stress hormones. Managing stress is crucial as it can be a major barrier to losing weight.6. - Restore your health foundations: Our long-term aim is to get your body working optimally so that you no longer need ongoing supplements to feel your best.
Diet	<ul style="list-style-type: none">- Complete 5 day diet diary and send back to me to analyse. I will use this to create your future nutrition guidelines

Lifestyle	- Continue your gym classes.
Barriers	- Awaiting test results
Referral/Investigations	- HBA1C test, salivary cortisol testing.
Prescription	<ul style="list-style-type: none"> - BioHeme 1 per day starting immediately. - Trigandha 2 per day (after cortisol test is done) - Herbal formula for sleep. 7ml one hour before bed (after cortisol test is done)
Recipes:	-
Other	<p>Send me the thyroid test results please 😊</p> <p>Follow-up appointment scheduled in three weeks on Friday 7th November at 9:00 AM</p>

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.