

# Treatment plan

Herbal medicine consultation - Initial consultation



Bhuvi P - Western Herbal Medicine Practitioner  
Herbal Whisperer - Plant Wellness Clinic  
32/1 Ricketts Rd, Mount Waverley VIC 3149, Australia  
Email : [contact@herbalwhisperer.com.au](mailto:contact@herbalwhisperer.com.au)

Initial consult:  
25/06/2025

Client - Tosin Peters

**Subject:** Initial consultation treatment plan

Hi Tosin,

Thank you so much for seeing me yesterday for a consultation. You have a wonderful enthusiasm for healthy living - please keep up the good work!

As discussed during the consultation, here is a summary of your treatment plan. Please note that your herbal formulas may be adjusted based on your progress and any changes you notice or experience.

## HERBAL TONICS

### 1. **Hormone Harmony Tonic – 200 mL**

Goals:

- Balance hormones
- Support liver function and assist with hormone detoxification
- Support stress and anxiety
- Tone and nourish the uterus
- Help reduce fibroids

Please refer to the attached prescription for details of the herbs used and dosage instructions.

**1. Haemostatic Support Tonic – 100 mL**

Goals:

- Reduce excessive bleeding
- Relieve pain and reduce uterine cramps

Please refer to the attached prescription for details of the herbs used and dosage instructions.

**1. SleepWell Tonic – 100 mL**

Goals:

- Support falling and staying asleep
- Promote relaxation of the mind and body
- May assist with achieving deep, restful sleep

Please refer to the attached prescription for details of the herbs used and dosage instructions.

## NUTRITIONAL SUPPLEMENTS

1. Vitamin D Supplement – To correct low vitamin D levels.
2. Vitamin B Complex – For energy production, nervous system support, liver function, methylation, and detoxification.
3. Iodised Salt – RDI: 400 mcg per teaspoon  
Iodine is essential for thyroid health and supports immune function, the brain, eyes, ovaries, and breasts. It reduces inflammation and promotes estrogen metabolism.  
Iodine may help with ovulation pain, cysts, fibroids, breast tenderness, and premenstrual mood changes.
4. Magnesium Glycinate Capsule
  - Supports brain and nervous system health
  - Aids healthy muscle and cardiovascular function
  - May assist with muscle cramps

## DIETARY RECOMMENDATIONS

1. Cruciferous Vegetables & Estrogen Balance  
Fibroids can be related to estrogen excess in the body. Include more cruciferous vegetables such as broccoli, broccoli sprouts, Brussels sprouts, cabbage, kale, cauliflower, and radish in your diet. Stir-fry or lightly steam them, but avoid overcooking to preserve important compounds like glucosinolates and indoles. These support liver detoxification and estrogen metabolism.

👉 [Research article on indoles and estrogen metabolism](#)

## 2. Seed Cycling to Balance Estrogen and Progesterone

Incorporate seed cycling to help regulate hormone levels.

I've attached a handout to guide you.

Example blend:

- ½ cup flax seeds + ½ cup pumpkin seeds (lightly dry roasted to release oils)
- Blend together with 2 tsp Ceylon cinnamon
- Store in an airtight container in the fridge

Repeat the same method for sunflower and sesame seeds and store separately.

## 3. Iodine in the Diet

Iodine is essential for a healthy thyroid, ovaries, and uterus. It also plays a role in estrogen metabolism.

👉 [Research article on iodine and estrogen health](#)

Use iodised table salt daily. Be sure your daughters are also getting iodine through their diet.

## 4. Magnesium Supplement

Magnesium is a vital mineral involved in over 300 biochemical processes in the body. It supports:

- Energy production
- Muscle and nerve function
- Blood glucose control
- Blood pressure regulation
- Vitamin D metabolism

A magnesium deficiency may contribute to low vitamin D levels.

## 5. Vitamin D Supplement

Vitamin D is fat-soluble. One of the best dietary sources is mushrooms. You can sauté mushrooms in grass-fed butter and add them to your meals.

## 6. Protein Intake

Ensure you're consuming 60–80 grams of protein per day. Good protein sources include:

- Paneer, tofu, tempeh
- Kidney beans, chickpeas, white beans, lentils
- Hemp seeds, green split peas, nuts, and seeds.

Please see the attached information sheet for portion sizes and tips.

7.Green tea and turmeric have been shown to help shrink fibroids. Please incorporate them into your daily diet.

🌐 New Study Using Human Fibroid Cells Supports Use of Green Tea ...

🌐 Use of dietary phytochemicals to target inflammation, fibrosis, pro...

#### 8.Thyroid Blood Test

Due to your family history of thyroid issues, I recommend a full thyroid panel: TSH, T4, T3, and Free T4. Mention the family history to your GP and request the full panel to rule out or detect any underlying imbalances.

I look forward to hearing how you progress!

Please book a return consultation in 8 weeks time to review the progress and set new goals. Kindly bring along the latest blood test (thyroid panel test) results for this follow-up appointment.

You've got this!

Thanks,

Bhuvi P.

Clinical Herbalist at Herbal Whisperer