



THE NATUROPATHIC STUDIO

Naturopathy Prescription

Date:	05/04/2024
Patient Name:	Gracie Burrows
Patient Email:	gracie.burrows1@gmail.com

Herbal and Nutraceutical Recommendations	Justification
You will be sent an email asking you to sign up for either Vitally or Natural Scripts. Once you receive your email create an account following the prompts on the email. Your prescribed products will be ready for payment and postage to your door using these accounts.	
<u>Probiotic 1x daily</u>	Increases secretory IGA levels (improves immune function of GIT) modulating inflammation towards reactivity to food. Also modulates and restores altered gut microbiome.
<u>GI REVIVE 2 scoops daily</u>	Supports GIT lining integrity supporting the repair of the GIT lining, soothes inflammation and modulates GIT microbiome.
<u>MAGNESIUM OIL</u> <u>I took off the product but you can buy this from any good health food shop.</u> <i>Please note you could swap this product out and do a magnesium foot bath each night or once a</i>	Magnesium is an essential mineral in over 300 biochemical reactions in our body. Essential for coming off the pill as it is depleted and will help with muscle relaxation, sleep and nervous system regulation.





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<p>week. To make a foot bath simply dissolve 1 cup of Epsom salts into a foot spa soak for 20 minutes.</p>	
<p>Dietary Recommendations & Justification.</p> <p><i>If you are interested in tracking your food, please use the Easy Diet Diary app as I can extract the data and look at your intake of proteins fats carbs vitamins etc and make more specific food swap recommendations.</i></p>	<p>Additional Support</p>
<p><u>Increase Pre and probiotic-rich foods.</u></p> <ul style="list-style-type: none">- Contributes to long-term healing of the gut by using food as medicine.	<p>Handout emailed.</p>
<p><u>Focus on making breakfast every day.</u></p> <ul style="list-style-type: none">- Sets up mood and energy levels for the day.- Improves metabolism- Improves cognitive function- Reduces crashes later in the day.	<p>Handouts emailed.</p> <p>Over-night chia pods</p> <p>Over-night wheat-bix</p> <p>Make a Savoury meal prep of Mediterranean chicken or a minestrone soup and have that for breakfast.</p>
<p><u>Increase fibre intake</u></p> <p><i>We want to aim for about 50g of fibre per day.</i></p>	<ul style="list-style-type: none">- Good sources of fibre include psyllium husk (1tsp in water daily) <i>Psyllium husk in particular binds to synthetic hormones and clears them out of our body.</i>- Swap crackers for carrots or cucumber, rice crackers, nuts or seeds.
<p><u>Lemon water every morning</u></p> <p><i>I would love for you to have it before each meal :) but I'm happy with once a day and build up.</i></p>	<p>Increases hydrochloric acid which is required to break down and assimilate nutrients from food we eat. If our digestive juices are under-functioning, it doesn't matter how well we eat, our body will still</p>



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	have a hard time breaking down foods.
<p><u>Gluten-Free</u></p> <ul style="list-style-type: none">- <i>As much as possible. Gluten is inflammatory and linked with high zonulin levels. To bring down reactivity to foods, reduce bloating, and get upset it's important to give the gut a chance to heal.</i>	<div></div> <p>\$6.00 \$1.00 / 100G</p> <p>Buontempo Gluten Free Pasta Penne 600g</p> <ul style="list-style-type: none">- Gluten-free wheat-bix- Swap granola for a mix of nuts and seeds and chia seeds (just see how your gut feels but if you soak overnight should assist in breaking them down). <div><div>Special</div><div></div></div> <p>SAVE \$0.30</p> <p>\$2.00 \$2.30 \$1.33 / 100G</p> <p>Pandaroo Ingredients Rice Paper Spring Roll 150g</p>



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\$2.10

\$1.40 / 100G

Real Foods Corn Thins
Original 150g

Special



SAVE \$0.95

\$1.35

~~\$2.30~~ - \$1.50 / 100G



Lifestyle Recommendations
& Justification

Additional Support.

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Focus on nervous system regulation.

Use the holidays to slow down and support your nervous system by doing things you love and enjoy (even if you don't feel like doing it, it will help restore energy and vitality).

Regulating your nervous system will assist in supporting your digestion (the gut-brain connection I mentioned in our app). As well as gives you stabilised energy so you do not crash throughout the day.

Great ways to calm our nervous system include:

- going for a walk on the beach,
- listening to music, dancing, singing,
- any activity that brings you joy.
- Meditation at night (download the Insight timer app for free meditations)
- Alternate nostril breathing. You can read about the benefits and how to do it here <https://chopra.com/articles/nadi-shodhana-how-to-practice-alternate-nostril-breathing>
- Legs up the wall pose, literally lay down on your back with your legs up the wall for 5-10 mins (longer is fine but this is a minimum to get the benefit)
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Start Tracking your period

So we can begin to understand mood, digestive and menstrual symptoms. Also gives us the data to practice safe sex.

- Track your menstrual cycle using handout provided. Alternative digital options include Flo, Clue, FMC (Free Menstrual Tracker), or the health app on Apple.

Support your detoxification pathways.

Supports the clearance of synthetic hormones and other toxins we may be ingesting. Promotes skin clarity. Reduces fatigue. Reduces inflammation

- Saunas
- Movement (would love for you to try to get back to the gym 2-3 times a week, but just gently don't thrash yourself I feel you may crash harder if you do that).
- Drinking lots of good quality water.
- Sweating.
- Deep breathing.



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<p><u>Consider going to a GP for a mental healthcare plan.</u></p> <p><i>I know you feel okay most of the time but you mentioned you suspected neurodiversity, having something like that looked at may help you find tools specific to your needs that help you get through the day increase memory etc.</i></p>	<p>- In addition to that, coming off the pill brings a range of new emotions and hormones and it's almost like having to re-learn how your body and mood works each month. So it may be good to have it there if you need it.</p>
<p><u>Next Appointment</u></p>	<p>I've booked an app in two weeks on a Thursday night. It's mainly a reminder as discussed happy to chat any night that week.</p>

Prescribing Practitioner:

Bonny Doyle

Adverse Reaction and Safety Information

- Take products only as directed.
- If you encounter any reactions such as feeling nauseous, headache, dizziness or the like STOP taking your prescribed product and call The Naturopathic Studio on 0430538603.
- In the case of an emergency please contact your GP or emergency services.
- A practitioner will be in contact with you as soon as possible to discuss the situation with you.
- Please keep all medication out of reach of children.