

YOUR NATUROPATHIC TREATMENT PLAN

Client Name Jenniffer Tamson

Date: 31/07/2023

I am in clinic during the following days/times Mon, Thu : 11am - 8pm ; Tue, Wed : 9am – 5pm ; Sat 10am - 2pm
Appointments outside of nominated times may be arranged in exceptional circumstances

Treatment goals Reduce fatigue ; Improve sleep; Support immunity
Continue to minimise likelihood of recurrent UTI returning

Recommendations summary

1. As you will be starting steroids today, and will be taking asthma medication for a month, to allow yourself to evaluate how well they are helping, for now, please stop taking:

- BioMedica HistEase capsules
- Homeopathic cough drops blend
- Herbal tonics: 'Cough' & 'Marshmallow'

Keep these remedies in dry cool temperature and away from direct sunlight and heat, and will be usable for at least 12 more months. They can also be kept in the fridge (but is not necessary).

If chest irritations/flutterers causing cough return and start bothering you in the evenings (interfering with sleep) you can take 'Marshmallow' herbal tonic before bed.

If your cough worsens overall once you have stopped taking these remedies, call me.

2. Due to your recurring UTI infection history, and because your immunity will be very impaired while you are taking steroids, please continue to:

- take both D-Mannose and Homeopathic Cantharis as prescribed on the next page
- drink 2L of water or clear (non-caffeinated) teas throughout the day (smaller amounts multiple times per day is better than a lesser number of large quantities)

3. Please take prescribed supplements, herbs and homeopathic remedy as outlined on following page. If your symptoms worsen at any stage, contact me (or see your GP) immediately

4. Go back to doing sinus / nasal rinse ONCE daily to reduce likelihood of over aggravation of mucosal membranes in the nose and sinuses.

5. Continue to gargle salty water twice daily for as long as cough, or sinus congestion, persist.

6. To improve digestion spend 10 min doing mindfulness/meditation before each meal.

7. To improve sleep please try do a 20-30min mindfulness/meditation exercise before sleep. Phone app Insight timer is a free app with almost 200,000 such guided routines, and may help.

8. Due to your ongoing / recurrent infections, overall feeling of unwellness, and fatigue, that have persisted for the past several months, please re-book a follow-up appointment in 3 to 4 weeks.

PRESCRIPTION: Herbal and Nutritional Products

Product	Dosing	Notes / Special Instructions
Homeopathic 'Sleep complex'	Once daily (in the 30 minutes before going to bed), take 1 dose (3 to 5 drops) under the tongue and hold there for 15-30 seconds before swallowing	<ul style="list-style-type: none"> If you wake up during the night for no apparent reason and cannot fall asleep again you can take 1 additional dose Take 20min away from food/drink, AND at least 60min away from any other homeopathic remedy
Bio-Practica Adrenergy Forte	2 capsules daily <u>with food</u> (ideally with breakfast or can take 1 with breakfast and 1 with lunch)	<ul style="list-style-type: none"> Ensure to take by lunchtime as can be stimulating and could potentially interfere with sleep if taken close to bed-time
Homeopathic Cantharis 200C	Take 1 dose (3 to 5 drops) under the tongue and hold there for 15-30 seconds before swallowing: <ul style="list-style-type: none"> Once daily for as long as taking steroids PLUS 3 more weeks, then Once every 2nd day for further 2 months, then Twice per week for further 2 months 	<ul style="list-style-type: none"> IF you get any UTI symptoms, take 1 dose every 3 to 4 hours while symptomatic then space out as per dosing instructions provided on the left Take 20min away from food/drink, AND at least 60min away from any other homeopathic remedy
Sunray D-Mannose	<ul style="list-style-type: none"> For as long as you are taking steroids <i>PLUS</i> 5 days, take 1 level scoop dissolved in water 2x day, then For 2 more weeks: 1 level scoop once daily, then On ongoing basis, if/when feeling any UTI-like discomfort: 1 level scoop dissolved in water 2x day 	<ul style="list-style-type: none"> Empty your bladder Dissolve fully 1 level scoop in 1 cup of water and drink it all <u>Drink a 2nd cup of water immediately after</u>
Bioclinic Naturals OptiActive D	<ul style="list-style-type: none"> Take 2 tablets daily until your 1st bottle is empty, then Further 6 months: 1 tablet daily 	AFTER you run out, IF you decide not to get more, take 3 of 'BioCeuticals, D3 capsules' daily for at least 3 months
BioCeuticals, Zinc drops	<ul style="list-style-type: none"> Until the end of this week: 5 drops 2x daily (OR 10 drops once daily), then Starting Monday 14 Aug: 5 to 6 drops once daily 	Preferably take with food to reduce likelihood of stomach upset
Vitamin C 1000mg	<ul style="list-style-type: none"> ½ tablet 3x day for 2 more weeks, then ½ tablet twice daily for 2 months 	Please take all of your vitamin C before 3pm to reduce likelihood of insomnia
Metagenics Super Mushroom complex	1 level teaspoon once daily until used up	
Metagenics Ultra Flora Restore	1 capsule daily	
BioCeuticals Ultra Muscleeze P5P	You can continue taking it BUT ensure to take before lunchtime as vitamin B6 may increase likelihood of insomnia and you wish not to take it close to bed-time. Once used up consider moving to a different type of magnesium that may support your sleep or help reduce fatigue	

Adverse Reaction and Safety Information

- Take products only as directed.
- Should you encounter any reactions such as feeling nauseous, headache, dizziness or the like, **STOP** taking your product immediately and call me.
- In the case of an emergency, contact your GP or call 000.
- All medication must be kept out of reach of children.