

Ellie Partoredjo

Naturopath (BHSc)



Naturopathic Prescription Form

Date: 11/12/2023

Patient Details

Name: Samuel Dougherty
D.O.B: 22/07/1999
Phone: 0422 165 150
Email: Samuel.dougherty99@gmail.com

Treatment Goals:

1. Improve nutrition literacy
2. Correct any nutritional deficiency to support feel good neurotransmitters and improve mood
3. Support healthy weight-loss

Product Recommendations

Herbal Extract

| <brand & name> | <dosage range> | <mL dispensed> |
|------------------|----------------|----------------|
| MH Passionflower | 15-40ml | 100ml |

Repeat Authorisation: N/A **# of Repeats:** N/A
Valid Until: N/A

Dosage instructions: 5ml x 3 times a day WITH FOOD

Measure 5ml of medicine in a medicine cup and top with water.
Take herbal shot and follow with juice or water.

Passionflower liquid extract will assist in regulating your mood and ease anxiety. I'd like you to **take this with breakfast, when you return home from work and before bed.**

Dietary & Lifestyle Recommendations

Please **complete the attached diet diary** and return it as soon as possible. Include 3-4 weekdays, 1 weekend day and ensure you include fluid intake. Also, familiarise yourself with the Bristol stool chart attached so you can also log that information in the diet diary.

As discussed, establishing some daily non-negotiable will help to ensure the success of your day. For example:

- **Make the bed**
- **Ensure adequate protein in your breakfast:** see suggestions below
- **Read a book 5 minutes per day:** You can work on building up the duration.

Smoothies are a good breakfast option for convenience, and you can pack them with nutrients. Add 1 tablespoon of hemp, chia or sesame seeds, 2 tablespoons LSA (linseed, sunflower seed & almond) or 1 tablespoon of nut butter to smoothies for extract protein. You can also increase your vegetable intake through smoothies by adding frozen/fresh spinach. **See recipe ideas below.**

I'd like to encourage you to eat **2 pieces of fruit and 5 serves (5 cups) of vegetables per day** to ensure adequate fibre which will feed the beneficial bacteria in your gut and assist with the communication of the gut-brain axis. Frozen fruit and vegetables are just as nutritious as fresh.

Green smoothie

- 2 bananas
- 1 cup spinach (fresh or frozen)
- ¼ cup oats
- 1 tbs hemp seeds
- 1 cup coconut water or filtered water
- Green powder (optional)

Choc Banana Smoothie

- 1-2 bananas
- 1 tbs chia seeds
- 1 tbs hemp seeds
- 1 tbs nut butter
- ½ cup oats
- 1 tbs cocoa (more if you like)
- ¾-1 cup of coconut water/filtered water/whole milk (to desired consistency)

Adverse Reactions & Safety Information





- **Take products only as directed.**
- If you encounter any reactions such as feeling nauseous, headache, dizziness or the like **STOP** taking your products immediately and call V'Veré Naturopathy on 0457 267 482.
- **In the case of an emergency, contact your GP or emergency services.**
- **Please keep all medication out of reach of children.**

FOOD LIFESTYLE DIARY

PATIENT NAME:

NEXT APPOINTMENT:

DATE:

| |  TIME |  FOOD |  DRINK |  DIGESTIVE SYMPTOMS |
|-------|--|--|---|--|
| e.g. | 12:00 | L <i>chicken sandwich with avocado, white bread</i> | <i>coffee + 2 sugars</i> | <i>bloated and tired</i> |
| DAY 1 | | B | | |
| | | L | | |
| | | D | | |
| | | S | | |
| DAY 2 | | B | | |
| | | L | | |
| | | D | | |
| | | S | | |
| DAY 3 | | B | | |
| | | L | | |
| | | D | | |
| | | S | | |
| DAY 4 | | B | | |
| | | L | | |
| | | D | | |
| | | S | | |
| DAY 5 | | B | | |
| | | L | | |
| | | D | | |
| | | S | | |
| DAY 6 | | B | | |
| | | L | | |
| | | D | | |
| | | S | | |
| DAY 7 | | B | | |
| | | L | | |
| | | D | | |
| | | S | | |

Examples: Drinks = tea, coffee, water, juice, soft drinks, alcohol

Digestive symptoms = headache, bloating, pain, nausea, burping, reflux, flatulence, indigestion, lethargy

B = Breakfast








L = Lunch

D = Dinner

S = Snacks

FOOD LIFESTYLE DIARY

This food and lifestyle diary will help you track your daily eating habits, become more aware of your moods, discomforts and activity levels. Monitoring your daily wellbeing is a great way to get in touch with your inner health.

| |  ENERGY |  STRESS |  ANXIETY |  EXERCISE |  SLEEP |  MOOD |  BOWEL MOVEMENT |
|-------|---|--|---|--|--|--|--|
| | e.g. 2/10 | e.g. 2/10 | e.g. 2/10 | e.g. walk, 30min | e.g. poor, medium, great, interrupted | e.g. happy, sad, angry | e.g. loose, well-formed, hard |
| DAY 1 | <div><div></div>10</div> | <div><div></div>10</div> | <div><div></div>10</div> | Type = Duration = | | | Times per day = |
| DAY 2 | <div><div></div>10</div> | <div><div></div>10</div> | <div><div></div>10</div> | Type = Duration = | | | Times per day = |
| DAY 3 | <div><div></div>10</div> | <div><div></div>10</div> | <div><div></div>10</div> | Type = Duration = | | | Times per day = |
| DAY 4 | <div><div></div>10</div> | <div><div></div>10</div> | <div><div></div>10</div> | Type = Duration = | | | Times per day = |
| DAY 5 | <div><div></div>10</div> | <div><div></div>10</div> | <div><div></div>10</div> | Type = Duration = | | | Times per day = |
| DAY 6 | <div><div></div>10</div> | <div><div></div>10</div> | <div><div></div>10</div> | Type = Duration = | | | Times per day = |
| DAY 7 | <div><div></div>10</div> | <div><div></div>10</div> | <div><div></div>10</div> | Type = Duration = | | | Times per day = |

PRACTITIONER NOTES:










Bio Concepts Pty Ltd

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www.bioconcepts.com.au

The Bristol Stool Form Scale

| | | |
|--------|---|--|
| Type 1 |  | Separate hard lumps, like nuts (hard to pass) |
| Type 2 |  | Sausage-shaped but lumpy |
| Type 3 |  | Like a sausage but with cracks on its surface |
| Type 4 |  | Like a sausage or snake, smooth and soft |
| Type 5 |  | Soft blobs with clear-cut edges (passed easily) |
| Type 6 |  | Fluffy pieces with ragged edges, a mushy stool |
| Type 7 |  | Watery, no solid pieces ENTIRELY LIQUID |

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