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TREATMENT PLAN FOR : Greg Lawrence

Date: 18/3/24

Health Goals	<ol style="list-style-type: none">1. Over the next 8 weeks begin to reduce acne presentation2. Over the next 8 weeks support liver detoxification3. Over the next 8 weeks reduce intake of processed carbs (cookies, cakes, chips, lollies, white bread etc).4. Increase intake of fibrous fresh foods, green vegetables, brassicas and protein.5. Support microbiome to reduce skin eruptions.
Diet	<ul style="list-style-type: none">- Reduction in processed carbs (biscuits, lollies, cookies, cakes, chips). Eating them once every 2nd or 3rd day is better than every day!- Increase intake of brassicas (broccoli, kale, cauliflower, brussel sprouts- anything that is green and smells farty!). These types of vegetables support your liver's ability to process everything that goes through it.- Increase red meat intake- aim for 5-6 servings per week (bolognaise, chow mein mince, decadent steaks, beef stir fry's, roast beef etc) as this will increase your zinc (skin healing, antioxidant), iron (energy), and amino acids (used to help process things in your liver).- EXAMPLE: When you have spag bolognaise, have heaps of sauce (more protein), a tiny bit less pasta (less carbohydrates/sugars), and heaps of salad on the side (fibre, nutrients).- Consider enjoying fatty fish (sardines, mackerel, anchovies, salmon, herring) 2-3 serves per week to increase omega 3's as they are anti-inflammatory. Eg Anchovies on pizza, salmon on

	<p>toast with avo and egg, baked salmon.</p> <ul style="list-style-type: none"> - Start eating nuts – especially walnuts, almonds, pecans, cashews, brazil nuts. They are full of zinc (wound healing), omega 3's. - Keep dairy intake to 1 serve per day. - 2 litres of water per day to flush your bloods and lymph (detoxification process). - 1 dandelion root tea each day
<p>Lifestyle</p>	<ul style="list-style-type: none"> - Wash your face daily with warm water - FACIAL CLEANSER RECIPE: Brew green tea and calendula to make a strong tea. Once cooled put this in a spray bottle and spritz your face morning and night. Green tea is a strong antimicrobial and anti-inflammatory, calendula is a fabulous wound healer and anti-inflammatory for the skin.
<p>Barriers</p>	<ul style="list-style-type: none"> - After school hanger- Try to combat this by having yummy food options available when you get home (see recipes below- maybe make a smoothie or some fritters can quell your after school hunger).

Referral/Investigations	<ul style="list-style-type: none"> - Keep an eye on the dizzy spells. Consider asking G.P. for iron studies or we can order them privately. Alternately go straight to taking iron supplements (SpaTone).
Prescription	<ul style="list-style-type: none"> - Activated Probiotics- Acne. 1 capsule/day - Herbal liver support pill- take as directed on package. - Dandelion root tea 1 cup per day - SpaTone 1 sachet daily (away from dairy, tea, coffee, legumes)
Recipes:	<ul style="list-style-type: none"> - Eat heaps of coleslaw! It's a yummy way to enjoy cabbage (a liver lovin' brassica). - Use raw Brussel sprouts to make coleslaw. - Use raw brussel sprouts on sandwiches instead of lettuce. - Broccoli soup with a little cream - Roasted broccoli with garlic, lemon and parmesan cheese - Broccolini in pastas, stiry frys, smothered in butter with garlic - SMOOTHIES- Any fruit you like + add protein powder, nut butter if you please. Try avoid using milk- swap for water, nut milk, oat milk - P.B. and apples - Greg- if you enjoy cooking perhaps you'd like to pre-make for the week yummy fritters (think zucchini, brussel sprouts, egg, a little cheese, a smidge of flour, some chilli etc) - OR how about almond flour muffins (add fruit or some dark choc) - Rice crackers and hommos! It's basically chips and dip 🤤 Maybe throw in a carrot also.
Other	Did you know that teens who partook in a trial where they ate a lower glycaemic (low sugar) diet for 10-12 weeks had significantly lower androgen (testosterone) makers, lower acne severity, less facial inflammation, and lesion (pimple) count!

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.