

THE PRACTICE

WELLBEING CENTRE

STUDENT LED CLINIC



TORRENS
UNIVERSITY
AUSTRALIA



Jayla

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The Practice Wellbeing Centre - Naturopathy

123 Gotha St

Fortitude Valley

07 3270 1040

Student Practitioner: Tiana

19 Mar 2024

Thank you for attending your appointment with The Practice.

My thoughts:

High testosterone increases oil production in the skin = acne.

By not ovulating, no progesterone is released. You need progesterone to create GABA, the anti-anxiety hormone.

Increasing magnesium will help with hormones, GABA production, and stress reduction.

Diet that is high in carbohydrates and low in protein can cause insulin to spike = oily skin.

No food = no energy. You have to put fuel in the tank if you want it to run.

Testing:

Having spoken with my supervisor, I would like to see how this mixture goes first with the hormonal symptoms.

Lets discuss testing fully at a later date.

Please find below your prescription as discussed.

Product recommendations:

Hormone/Stress/Anxiety Mix

Passiflora incarnata (Passionflower) 1:2 10-20 20

Centella asiatica (Gotu Kola) 2:1 15-40 40

Scutellaria lateriflora (Skullcap) 1:2 15-30 40

Peonia lateriflora (Peony) 1:2 10-30 30

Rosemarianus officianalis (Rosemary) 1:2 15-30 40

Serenona repens (Saw Palmetto) 1:2 15-30 40

Total: 210ml

Dosage: 7.5ml in 5ml water 2 x day. You might need to chase with water or juice; or diluting with pear juice concentrate is a good way to avoid the taste.

If you forget to take one dose of herbs, take the full 15ml next time, so you get the full strength of the herbs through the week.

Dietary recommendations:

Smoothie every morning including:

2tbsp chia seeds

2tbsp almonds

2tbsp pumpkin seeds

1 tbsp psyllium husk

1 tbsp ground flaxseed/linseed

Protein

For fibre, magnesium, and omega-3.

Lifestyle:

Exfoliate once a week to avoid over-irritating the face.

Moisturise with jojoba oil as it is structurally similar to our skin sebum.

Your next appointment is on 03/04/2024 at 4pm. See you then!

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 product immediately and call The Practice Wellbeing Centre reception on 07 3270 1040
- In the case of an emergency please contact your GP or emergency service
- A clinic supervisor will call you back as soon as possible to discuss the situation with you
- Please keep all medication out of reach of children.

OFFICE USE ONLY

Approved by Supervisor [Diana Bowman NHAA156346]:

19 Mar 2024