

# 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

30 Apr 2024

Thank you for attending your appointment with The Practice.

Please find below your prescription as discussed.

## **Product recommendations: WITH 1 REPEAT**

*Calendula officinalis (Calendula) 1:2 10-30 100*

*Scutellaria lateriflora (Skullcap) 1:2 15-30 100*

*Peonia lateriflora (Peony) 1:2 30-60 150*

*Rosemarianus officianalis (Rosemary) 1:2 15-30 100*

*Serenona repens (Saw Palmetto) 1:2 15-30 75*

**Total: 525ml**

**Dosage: 7.5ml in 5ml water 2 x day.**

**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:**

Please refer to handouts provided for healthy snacks

You need to be having breakfast EVERY morning that contains protein to set you up for energy through the day and hormone regulation.

You can make up bulk overnight oats for the whole week to save time:

2tbsp chia seeds

2tbsp rolled oats

2tbsp almond meal

2tbsp flaxseed meal

Greek yogurt

Honey, cinnamon, fruit, vanilla extract can be added for taste.

OR

2 x boiled eggs on toast

For school lunches:

Carrot and cucumber sticks with hummus

Nuts and seeds

Zinc ACE

**Dosage: 1 tablet in morning, 1 tablet in the evening**

### **Lifestyle:**

Please be asleep by 10pm at the latest.

As you are an active teenager, your body needs more rest than most.

The best restorative sleep occurs before midnight. If you can avoid screentime for at least 30 mins before bed to wind down, this will help you fall asleep faster.

Better sleep = improved energy & more regulated hormones.

Whilst winding down you can opt for an epsom salt bath to absorb magnesium & relax before bed.

### **EPSOM SALT BATH:**

1. After turning your device off, fill bath with warm water
2. Add 2 cups of Epsom salts as bath is filling
3. Relax in the bath for 20 mins.

### **Optional:**

Add some Lavender oil to an oil burner for some relaxing aromatherapy while you soak.

### **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 NHAA 156346]:**

30 Apr 2024