

## Naturopathy Prescription

**Client's Name**

Zoe Robertson

**Date:** 26/04/2023**Student Practitioner:**

Tiana Quaife

**I am in the clinic during the  
follow days/times:****Liquid Herbal Mix****Mix 1:**

(Name the mix if appropriate e.g. 'sleep mix' and list herbal common names for client - copy and paste this section w instructions into blank box below, if two herbal tinctures prescribed)

**Dosage instructions:** 5 mL once a day - take after food, whenever suits you.Bacopa monniera (Bacopa) 1:1 15-40 **90ml**Echinacea sp (Echinacea) 1:2 20-40 **120ml****Total 210ml**Repeat Authorised: ☐ Yes (No. of repeats \_\_\_\_ ) ☐ No**Product Recommendation**

Brand	Prescribed Product	Dosage Instructions	Repeat Authorised	No. of Repeats
		<div>Caps/tabs</div> <div>Times a day</div> <div><input type="checkbox"/> Before <input type="checkbox"/> With <input type="checkbox"/> After Food</div>	<div><input type="checkbox"/> Yes <input type="checkbox"/> No</div>	
		<div>Caps/tabs</div> <div>Times a day</div> <div><input type="checkbox"/> Before <input type="checkbox"/> With <input type="checkbox"/> After Food</div>	<div><input type="checkbox"/> Yes <input type="checkbox"/> No</div>	
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**Dietary/Lifestyle Recommendations**

1. Include lots of immune foods in the diet - onions, garlic, citrus, red meat that can be cooked in stews or casseroles
2. Try sleep before midnight. Sleep is crucial for the immune system and it can not fight illness when you're exhausted.
3. Get healthy sun in the morning for vitamin D. 30-45 minutes in the morning with face, arms, and legs exposed - or as much as you can.

It was nice to meet you! See you soon

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**Flower Essence / Homeopathics***(\*\*\*delete section if not using)***Herbal / Homeopathic Cream***(\*\*\*delete section if not using)*

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**Ingredients :****Ingredients :****Dosage:****Dosage:****Instructions for Use:****Instructions for Use:****Re-book in:****Weeks****OR****Your Next Appointment is:****Supervisor Name & Professional Association Number****Supervisor Signature:**  

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**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 03 9415 3327. 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.
- **In the case of an emergency, contact your GP or emergency service.**
- **Please keep all medication out of reach of children.**