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TREATMENT PLAN FOR :

Casey Slater

Date: 27/7/24

Health Goals	<ol style="list-style-type: none">1. Reduce digestive discomfort How? By having digestive enzymes before meals to see if it helps with the breakdown of foods.2. Improve overall nutritional status How? -By increasing intake of nutrient dense foods that don't make you feel sick. -By taking multivitamin Why?3. Reduce overall inflammation How? - By taking saffron - By taking high dose omega 3's Why? It reduces anxiety, improves mood, support gut repair, improves energy4. Create a regular sleep-wake cycle. How? - Reducing screen time in evenings - Waking up before midday - Going outside in the morning for min 5 minutes to expose yourself to the sun - Dimly lit rooms/house after dinner time.
Diet	<ul style="list-style-type: none">- Experiment with smoothies in the morning. Have a base (plant milk, water) + fruit if possible + avocado or nut butter for fats + honey if needed for taste + hemp protein (if it doesn't irritate). Mix it up and try different things. *This is a great way to have a heap of nutrients in one go. A dense smoothie in the morning helps regulate blood sugars (steady energy, less hunger later), it provides heap of nutrients (needed to repair gut, help mood, support liver),

	<p>helps diversify the microbiome (a happy microbiome helps with mood, anxiety, ADHD symptoms, immune system function, digestive function).</p> <ul style="list-style-type: none"> - Alternately enjoy curried eggs in lettuce cups for breakfast (you can pre-make curried eggs and store in a container in the fridge to eat as you please later). Can add to curried eggs- seeds, avocado, chopped capsicum, shredded carrots. - Enjoy fish 3x per week (smaller fish less likely to contain heavy metals). This is a great source of protein. - Remember protein is important! Protein helps make neurotransmitters (which helps mood, anxiety, ADHD symptoms), supports growth and repair of tissues (such as your stomach lining) as it is a "building block", provides energy, and supports many essential processes in the body. - Don't forget good fats! We need "good fats" such as avocados, nuts, seeds and fatty fish in order for our brain to function! - Complete Diet Diary
Lifestyle	<ul style="list-style-type: none"> - Start to work on sleep hygiene. <p>-Ensure you get 8-9 hours per night sleep.</p> <p>-Sleep hygiene practices make it easier to fall asleep, easier to stay asleep, and ensure you receive proper rest throughout the night. Sleep hygiene practices include the following:</p> <ol style="list-style-type: none"> 1) Minimising/turning off lights 2-3 hours before bed and avoiding/minimising use of technology with screens. 2) Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature. 3) Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom. 4) Avoid large meals and caffeine before bedtime (abstain from caffeine from 2pm, have your last meal 3 hours before bedtime) 5) Stick to a routine. Eg. Have the same bed time and waking time every day 6) Allowing morning sunlight to enter your eyes within 30 minutes of waking (10 minutes on a sunny day, 20 on a cloudy day)- this helps set up your circadian rhythm. 7) Viewing late afternoon sunlight for 10 minutes (just before sunset) also sends a message to the brain that it is now time to prepare for the night and to make melatonin.

	<p>Without proper sleep, symptoms of anxiety and ADHD will be significantly worse!</p> <ul style="list-style-type: none"> - Try the “Heart Lock-In Technique”. - When you are feeling up for it, perhaps you’d like to consider joining a casual dance class? Exercise is the best thing you can do to improve mood and wellbeing.
Barriers	<ul style="list-style-type: none"> - Food intolerances, restrictive eating. Time. <p>Remember it will be a journey towards improving your gut health, and eventually your hormone balance and mood balance. It takes time, patience and dedication but I assure you things can be improved!</p>
Referral/Investigations	<ul style="list-style-type: none"> - Consider having a microbiome mapping done to understand what is occurring within the digestive system. This also helps us have a more targeted approach to treatment. I’ve attached a sample microbiome map to the email.
Prescription	<ul style="list-style-type: none"> - Herbs of Gold Omega 3’s – 3 capsules per day - Zymax digestive enzymes – 1 before meal with water. - Pure Natal multi vitamin – 1 per day - Saffron – 20 drops (1ml) twice per day - Continue ferrograd C every second day
Recipes:	-
Other	<p>By addressing your GIT issues, we will in the long run be addressing your menstrual challenges also. If the gut isn’t functioning well, everything else will also struggle. So we correct the gut- we correct everything else after.</p> <p>Interesting information on Saffron: Used for thousands of years medicinally, saffron offers a wide range of medicinal effects. For psychiatric and neurological conditions, it increases dopamine, serotonin release, and reduces the reuptake of dopamine and noradrenaline in the brain (more happy chemicals remain!). It is a potent antioxidant, it support liver function, and has antidepressant and anti-anxiety effects plus more!</p> <p>Energetically Saffron is frequently employed to aid in the mending of emotional wounds and the enhancement of inner tranquillity. By assisting in the</p>

	release of outdated thought patterns, it paves the way for embracing fresh opportunities in our journey. Furthermore, saffron possesses potent protective qualities that can shield us from negative energies.

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.