



August 2024

Dear Karen,

Thank you for choosing to see me, Jen the Herbalist, for your healthcare.

Please find enclosed your personalised summary and recommendations based on my findings from our previous appointment. Restoring full health and attaining wellness is an exciting process, I am dedicated to working with you; supporting you and guiding you all the way.

As a Herbalist, I will prescribe herbal medicines, in various forms, tailored to suit you as a unique individual. Along with this, I will make recommendations for using foods as medicines and lifestyle adjustments for the betterment of your health. You can be assured that all herbal medicines and supplements prescribed are of the best quality – I choose certified organic products where possible and select brands that use minimal excipients (artificial colours, flavours, binders, fillers) to ensure best therapeutic outcomes for you.

With your commitment, I aim to help you develop lifelong habits that will reward you with newfound energy, vitality, awareness and understanding of your health.

I look forward to working with you to help you restore your health balance, renew your energy and reclaim your vitality.

Yours in Health,

Jen Barnett ~ Herbalist

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NOTE: This report is for educational purposes only and should not be used to diagnose or treat any medical condition.

Karen Magi - Naturopathic Health Appraisal Report

July 2024

Your Health Goals:

- Improve bowel health and regularity
- Improve lung health
- Improve thyroid health / reduce nodules
- Improve muscle strength
- Improve energy levels

Action Plan for Health Restoration

- HPTA Support – hypothalamus, pituitary, thyroid and adrenal support for resilience and nervous system rebalance
- Support healthy digestive function – bowel motility, absorption and microbiome balance
- Reduce inflammation – systemically
- Support healthy oxygenation and circulation – along with waste removal
- Improve nutritional status – nutrient availability and absorption

Your In-Clinic Test Results

Blood Pressure: Elevated blood pressure is a well-known risk factor for cardiovascular disease. Lesser known risks for chronic hypertension are impaired renal (kidney) function, impaired vision and compromised mental function (cognitive decline, poor concentration and memory). Optimal blood pressure is 110/70

❖ Your result was: 125 / 65

Random Blood Glucose: Keeping a steady blood glucose level is important for energy, weight management and controlling inflammation in the body. Your blood glucose can vary according to when, and what, you last ate. For a non-diabetic person, the optimal range for a random glucose sample is between 4-6, and up to 8 after a meal.

❖ Your result was: 5.7

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Your Iridology Summary

Iridology is the study of the iris (coloured part) of the eye, it is both an art and a science. The patterns, colours and fibre structure of the iris provides us insights into your unique state of health an individual and provides guidance as to how best look after your constitution to avoid ill health. Please note that iridology does NOT diagnose disease or a medical condition.

Iridology Analysis – Key Points:

- **Areas to Nurture:** joints, lymphatic system, adrenals, circulatory system, digestive system
- **Tendencies:** Most likely a resilient person, hard working with a natural drive to achieve, which can lead to emotional and physical exhaustion in the long term. May be termed “the glue that holds the world together”.
- **Beneficial Habits to Adopt:** Ensure drinking adequate clean water; regular exercise for lymphatic flow and circulation support; endure regular relaxation and stress reduction therapies (yoga, tai chi, massage, nature walks, gardening, grounding), deep breathing exercises. Learning to find stillness and flexibility in life.
- **Things to Avoid or Minimise:** mucous forming foods (bananas, wheat products, dairy products, possibly eggs); stimulants (caffeine, sugar, alcohol); minimise excessive noise and overstimulation.
- **Beneficial Herbal Teas by Constitution:** Chamomile, ginger, elderflower, yarrow

Prescription Recommendation

This prescription may change as we progress along your healing path. At this stage:

Supplements

- Orthoplex Mushroom Matrix

Herbal Formula

Your personalised liquid herbal formula may be adjusted from time-to-time, depending on your progress and how your body responds. The beauty of herbs is that they are each a unique orchestra of naturally occurring phytochemicals which support the body to regain balance. Each herb has multiple medicinal properties, meaning we can support many body systems in one formula.

Your beginning formula contains a combination of herbs with the following actions:

- Immune modulating – balancing immune system (autoimmunity)
- Anti-inflammatory and anti-oxidant
- Nervous system and adrenal support herbs
- Digestive bitters, liver support and bowel tonic herbs
- Lymphatic support herbs

Specific Dietary Recommendations

The foods we consume can either help or hinder our healing journey. The foods listed below are recommended to support your body regain balance at this time.

- Dairy products and bananas increase mucous build-up and should be avoided.
- Garlic, onions, and horseradish may actually decrease mucous production and should be increased in the diet.
- Include celery and parsley in the diet for alkalisation and mineral balance.
- Slow cooked foods are beneficial at this stage to enhance nutrient absorption and gut healing