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TREATMENT PLAN FOR :

Garry Page

Date: 14/1/25

Health Goals	<ol style="list-style-type: none"><li>1. Achieve optimal body alkalinity through reducing dietary sugar intake and increasing vegetable consumption to dissolve uric acid crystals, ultimately improving joint mobility and reducing gout symptoms.</li><li>2. Enhance the body's natural detoxification processes through the use of herbal medicine and daily dandelion root tea consumption to improve the elimination of gout-causing compounds and support optimal liver function.</li><li>3. Conduct comprehensive gut microbiome testing and analysis to identify imbalances and implement targeted interventions, aiming to optimise overall wellbeing, immune function, and digestive health.</li><li>4. Maintain daily consumption of 3 litres of water (+electrolytes on big days) to support proper hydration, maintain electrolyte balance, lymphatic flow, and promote optimal body alkalinity for gout management.</li></ol>
Diet	<ul style="list-style-type: none"><li>• <b>Enjoy a smoothie each day.</b> Smoothies can be a powerful tool in managing your gout when made with the right ingredients. They work in several ways to help your body: First, many fruits and vegetables have natural alkalising effects in your body, which helps reduce uric acid crystals that cause gout pain.  <b>Key ingredients that are especially helpful include:</b> Tart cherries: These are like nature's anti-inflammatory medicine. They contain special compounds that can lower uric acid levels and reduce inflammation in your joints. Studies have shown that drinking tart cherry juice regularly can help reduce gout flares. Use unsweetened juice of the best quality you can find. Pineapple: Contains bromelain, an enzyme that helps reduce inflammation. It's best to use <i>fresh</i> pineapple in moderation. Celery: This vegetable is a traditional gout remedy. It helps your kidneys flush out uric acid and has natural anti-inflammatory properties. Adding celery to your smoothies provides these benefits plus extra hydration. Berries (especially strawberries and blueberries): These are lower in fructose compared to many other fruits and packed with antioxidants that help fight inflammation. They also help protect your blood vessels and support kidney function.</li></ul>

Green vegetables like spinach, cucumber, and kale can be added to make your smoothie more alkalising while providing important minerals and vitamins that support your body's natural healing processes.

- To keep the smoothies gout-friendly:  
Use more vegetables than fruits  
Stick to low-fructose fruits  
Add a splash of lemon juice for extra alkalising effects  
Consider adding some ginger, or turmeric, which has anti-inflammatory properties  
Avoid adding sweeteners or high-fructose fruits like mangoes, stone fruits, or bananas
- Alternately celery juice can yield miraculous results when consumed 3 + times per day for a few weeks in conjunction with good diet. If you feel like trying this, give it a go.
- If you are interested in juicing use ingredients such as:  
**Celery**, cucumber, green apple, kale, spinach, ginger, lemon.

- **Meals:**  
Let's shift your diet towards a **protein + vegetable dominant** way of eating. This means having meals with a high-quality protein source plus large quantities of high quality vegetables.

-Avoid/reduce/eliminate starches, carbs and sugars. This includes foods such as:

Sourdough (for the meantime), bread, potatoes (some sweet potato is ok), rice, pasta, breads, cereals, sweets, biscuits, cakes, chocolates etc.

In time we will reintroduce small amounts of certain foods once your body has found an equilibrium again 😊

#### **A note on sugar:**

Understanding how sugar affects your gout is important for managing your condition effectively. When you consume sugar, especially in foods like sweets, sodas, and processed items, it triggers several problematic reactions in your body. First, your body creates more uric acid as a byproduct when processing sugar, particularly fructose (fruit sugar). This directly increases the uric acid that can form painful crystals in your joints. Over time, regular sugar consumption can also make your body less sensitive to insulin, which reduces its ability to remove uric acid from your bloodstream - think of it like your body's cleanup system becoming less efficient. Sugar also promotes weight gain, which puts extra strain on your kidneys' ability to filter out uric acid, and it increases overall inflammation in your body, potentially making gout attacks worse and more frequent. This is why reducing sugar in your diet is a crucial step in managing your gout. By cutting back on sugary foods and drinks while increasing vegetable intake, we're helping your body better manage uric acid levels naturally and reducing your risk of painful gout flares.

#### **Meal ideas:**

Breakfast Options:

- Eggs with sautéed mushrooms, spinach, and asparagus
- Greek yogurt parfait with mixed berries, pumpkin seeds, chia seeds.
- Vegetable omelette with capsicum, onions, tomatoes, and herbs
- Turkey and vegetable breakfast hash with sweet potato, kale, and herbs
- Frittata with veg in it, and salad on the side (good to eat on the go)

#### Lunch Ideas:

- Leftovers
- Grilled chicken salad with mixed greens, cucumber, celery, and olive oil dressing
- Lettuce wraps with fish, avocado, cherry tomatoes, and fresh herbs
- Meatball and vegetable soup with celery, carrots, and leafy greens
- Quinoa bowl with grilled fish, roasted vegetables, and lemon-herb dressing

#### Dinner Ideas:

- Small grass-fed beef steak with grilled asparagus, mushrooms, and roasted pumpkin
- Baked salmon with roasted Brussels sprouts and green beans
- Lean beef stir-fry loaded with vegetables (broccoli, snow peas, capsicum, carrots)
- Homemade beef burger (no bun) with a large Greek salad
- Baked white fish with roasted Mediterranean vegetables (zucchini, eggplant, peppers)
- Beef and vegetable kebabs with zucchini, capsicum, and onion
- Small portion of roast beef with roasted Mediterranean vegetables and steamed greens

#### Snack Ideas:

- Celery sticks with almond butter
- Cherry tomatoes with mozzarella cubes
- Fresh berries with a small handful of nuts
- Tart cherry smoothie with celery and cucumber
- Boiled eggs
- Enjoy plenty of olive oil, avocado oil, balsamic vinegar, salt, pepper, herbs, ginger, garlic, soy sauce, spices to flavour.

There is no limit to how many vegetables you can have- so load up until you are full!

#### Drinks:

Try to consume 1 cup per day of BonVit dandelion root and chicory tea. Dandelion has long been used to help detoxification pathways and in the treatment of gout.

3 litres of H2O. Add a serve of electrolytes on days when you are working hard.

Swap white coffee with milk and sugar to black coffee or tea.

<b>Lifestyle</b>	-
<b>Barriers</b>	-
<b>Referral/Investigations</b>	<ul style="list-style-type: none"> <li>- Nutripath gut microbiome mapping (will email you)</li> <li>- Please send through any recent and future blood tests</li> </ul>
<b>Prescription</b>	<ul style="list-style-type: none"> <li>- Herbal liver tonic. Contains globe artichoke, st mary's thistle, dandelion root, schisandra, bupleurum, rosemary. 300ml total. 10ml twice per day until finished. Take with/near food.</li> <li>- Try the samples of Basica I gave you. It's an alkalising mineral formula. It might be something worth investing in, in future. Let's see how you like it for now.</li> <li>- When certain supplements you are taking get low, if yo are interested I can look to see which ones are good quality and which ones aren't as good, and I can provide you with practitioner grade high quality alternatives – if you like.</li> </ul>
<b>Recipes:</b>	- See above
<b>Other</b>	Return in 4-6 weeks after implementing dietary changes,

*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.*