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TREATMENT PLAN FOR :

Maria Tomeo

Date: 15/1/25

Health Goals	<ol style="list-style-type: none"><li>1. Reduce frequency and severity of hot flashes by utilising herbal medicine, increased protein intake.</li><li>2. Increase dietary protein intake to regulate blood sugar levels, thereby helping reduce hot flashes</li></ol>
Diet	<ul style="list-style-type: none"><li>- <b>Protein.</b> Enjoy a source of protein at breakfast time (frittata, meatballs, boiled eggs, leftover steak). When you eat protein-rich foods, they act like a natural "brake system" for your blood sugar. Here's how it works: Proteins take longer to digest than carbohydrates, which means they enter your bloodstream slowly. Think of it like slowly adding water to a bucket instead of dumping it all at once. This slow release helps prevent sudden spikes and drops in your blood sugar levels. When your blood sugar stays steady, it helps keep your hormones more balanced. This is especially important for managing hot flashes because unstable blood sugar can trigger stress responses in your body that make hot flashes worse. When your blood sugar drops too quickly, your body releases stress hormones that can trigger a hot flash.</li><li>- <b>Phyto-oestrogens.</b> Consider incorporating flax seeds, or soy products into your diet daily. These plant foods contain "phyto-oestrogens", that is they are plants that contain natural oestrogens that can help increase your natural levels of oestrogen, helping reduce hot flashes.  Flax seeds or flax meal (1 tsp-1tbs per day), into the frittata, perhaps they could go into the meatball mix. Hidden in stews etc.</li></ul>
Lifestyle	-

<b>Barriers</b>	-
<b>Referral/Investigations</b>	- Please send through your next blood tests once you've obtained a copy
<b>Prescription</b>	<ul style="list-style-type: none"> <li>- Herbal medicine. 7ml 2x day for 4 weeks. Then assess.</li> <li>- <b>Black Cohosh:</b> supports hormone balance by working with oestrogen receptors, may reduce hot flash frequency and intensity, can help with night sweats, may improve sleep quality, reduces vaginal dryness, may help with mood swings and irritability associated with menopause.</li> <li>- <b>Wild Yam:</b> contains natural compounds similar to progesterone which helps balance hormones, reduces hot flash severity, helps with vaginal dryness, can support healthy cholesterol levels, help reduce night sweats, assists with menstrual-like cramping during menopause.</li> <li>- <b>St Mary's Thistle</b> (Milk Thistle): supports liver function which helps metabolize hormones more effectively, helps reduce inflammation, supports detoxification pathways, helps reduce oxidative stress during menopause, may help with hormone-related headaches, supports better sleep.</li> <li>- <b>Licorice:</b> contains phytoestrogens that help balance hormones, reduces hot flash frequency, helps with adrenal fatigue common during menopause (adrenals make oestrogen post menopause), helps maintain healthy bone density, support emotional well-being, helps reduce night sweats.</li> <li>- <b>Optional:</b> MagTaur by Orthoplex (Magnesium and Taurine powder-prescription was sent to you via Vital.ly) Magnesium and taurine help reduce hot flashes and regulate blood sugar in several direct ways:  Magnesium: <ul style="list-style-type: none"> <li>- Reduces hot flash frequency by supporting hormone balance</li> <li>- Helps insulin move sugar from blood into cells</li> <li>- Supports normal body temperature regulation</li> <li>- Reduces cortisol (stress hormone) production which can trigger hot flashes</li> </ul>  Taurine: <ul style="list-style-type: none"> <li>- Improves insulin sensitivity in cells</li> <li>- Helps maintain steady blood sugar levels</li> <li>- Reduces inflammation that can worsen menopausal symptoms</li> <li>- Supports cellular energy production</li> </ul>  When blood sugar levels remain stable, hot flashes occur less frequently because your body isn't experiencing the stress of </li> </ul>

	blood sugar fluctuations. Both magnesium and taurine work to keep blood sugar steady and support your body's temperature regulation during menopause. Taking these supplements together is often more effective as they support each other's functions in regulating blood sugar and reducing hot flash symptoms.
<b>Recipes:</b>	<ul style="list-style-type: none"> <li>- Frittata Here are 5 nutritious frittata combination ideas that are both delicious and protein-rich:</li> <li>- Mediterranean Roasted Red Capsicum: Baby spinach, roasted red capsicum, crumbled goat cheese, kalamata olives, and fresh basil, seasoned with oregano and garlic.</li> <li>- Forest Mushroom and Thyme: Mixed mushrooms (shiitake, portobello, oyster), caramelized onions, Gruyere cheese, and fresh thyme leaves, finished with a drizzle of truffle oil.</li> <li>- Sweet Potato and Kale: Roasted sweet potato cubes, sautéed kale, caramelized onions, and crumbled feta, seasoned with smoked paprika and sage.</li> <li>- Broccoli and Salmon: Steamed broccoli florets, flaked hot-smoked salmon, dill, leeks, and garnished with chives.</li> <li>- Spring Pea and Prosciutto: Fresh or frozen peas, torn prosciutto, mint leaves, ricotta cheese(if tolerated otherwise fetta), and lemon zest, finished with freshly cracked black pepper.</li> <li>-</li> </ul>
<b>Other</b>	Book return visit in 4 weeks.

*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.*