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TREATMENT PLAN FOR : Nikki Nakhonwong

Date: 25/01/25

Health Goals	<ol style="list-style-type: none"><li>1. Improve menstrual cycle length, reduce pain and improve quality of the blood by regulating reproductive hormones and reducing stagnation within pelvic area by utilising herbal medicine.</li><li>2. Reduce menstrual pain by using analgesic herb Californian Poppy just before period comes and when there is pain.</li><li>3. Long term: Investigate best way to detox from covid vaccine to restore normal immune system function.</li><li>4. Long term: Investigate fertility.</li></ol>
Diet	<ul style="list-style-type: none"><li>- Each day enjoy 1-2 cups of herbal tea with some or all of the following herbs : Turmeric, Cinnamon, Rosemary, Ginger to warm the abdomen and pelvic which will help reduce stagnation that contributes to period pain. Will also support immune system function as these herbs are anti-inflammatory and antioxidant.</li></ul>
Lifestyle	<ul style="list-style-type: none"><li>- When you have period cramps, if possible do some gentle stretching around the abdomen to help move the period blood and bring warmth to the pelvis. Keep using a hot water bottle.</li></ul>
Barriers	<ul style="list-style-type: none"><li>-</li></ul>
Referral/Investigations	
Prescription	<ul style="list-style-type: none"><li>- <b>Herbal medicine for period</b> for 5 weeks 7ml twice per day. St Marys thistle 125ml Paeonia 180ml Dong Quai 180ml Liquorice 50ml</li><li>- <b>Period Pain Herbal:</b></li></ul>

4ml twice per day when experiencing pain or about to menstruate.

Californian Poppy 100ml

**\*\*White Peony (*Paeonia lactiflora*)\*\***

• Immune Actions:

- Exhibits anti-inflammatory properties
- Modulates immune response by reducing pro-inflammatory cytokines
- Supports T-cell and macrophage function

• Female Reproductive Hormonal Actions:

- Helps regulate menstrual cycle
- Reduces prostaglandins, potentially alleviating menstrual pain
- May help balance estrogen levels
- Supports overall hormonal equilibrium

**\*\*St Mary's Thistle (*Silybum marianum*)\*\***

• Immune Actions:

- Enhances liver detoxification processes
- Supports antioxidant defense mechanisms
- Stimulates immune cell activity
- Reduces inflammatory markers

• Female Reproductive Hormonal Actions:

- Supports liver metabolism of estrogen
- Helps manage hormonal acne
- May assist in detoxifying excess hormones
- Potentially supports hormone balance during menopause

**\*\*Liquorice (*Glycyrrhiza glabra*)\*\***

• Immune Actions:

- Potent anti-inflammatory properties
- Supports adrenal function
- Enhances immune system resilience
- Exhibits antiviral characteristics

• Female Reproductive Hormonal Actions:

- Modulates cortisol levels
- Can help manage symptoms of adrenal fatigue
- May support progesterone production
- Can help balance estrogen-progesterone ratios

**\*\*Dong Quai (*Angelica sinensis*)\*\***

• Immune Actions:

- Supports immune cell proliferation
- Exhibits mild anti-inflammatory effects
- Enhances blood circulation
- Potentially modulates immune response

- Female Reproductive Hormonal Actions:
  - Known as a key female reproductive tonic
  - Helps regulate menstrual cycle
  - Reduces menstrual cramping
  - Supports estrogen metabolism
  - Helps balance hormone levels
    - - supports fertility

**\*\*Californian Poppy (Eschscholzia californica) for Menstrual Pain\*\***

- Pain Management:
  - Natural analgesic properties
  - Reduces muscle cramping
  - Antispasmodic effects
  - Helps relax uterine muscles
- Mechanism of Action:
  - Contains sedative alkaloids
  - Mild opiate-like pain relief
  - Reduces nervous system hyperactivity
  - Supports smooth muscle relaxation
- Additional Benefits:
  - Mild anxiolytic (anxiety-reducing)
  - Promotes relaxation
  - Supports sleep during menstrual discomfort
  - Potentially reduces inflammation

**Kitt: Brain tonic** 100ml. Take 7ml per day  
Rosemary 30ml  
Rhodiola 30ml  
Ginkgo 40ml

**\*\*Rhodiola rosea\*\***

- Cognition:
  - Enhances mental processing speed
  - Reduces mental fatigue
  - Improves focus and concentration
  - Supports cognitive performance under stress
  - Potentially improves memory function
- Energy & Mental Clarity:
  - Increases ATP production
  - Reduces cortisol levels
  - Boosts dopamine and serotonin
  - Combats mental exhaustion
  - Enhances overall mental resilience

**\*\*Ginkgo biloba\*\***

- Cognition:

	<ul style="list-style-type: none"> <li>- Improves blood flow to brain</li> <li>- Enhances memory retrieval</li> <li>- Supports neuroplasticity</li> <li>- Potentially slows cognitive decline</li> <li>- Increases processing of information</li> </ul> <ul style="list-style-type: none"> <li>• Energy &amp; Mental Clarity: <ul style="list-style-type: none"> <li>- Reduces mental fog</li> <li>- Increases mental alertness</li> <li>- Supports neurotransmitter function</li> <li>- Helps maintain cognitive performance</li> <li>- Potentially reduces age-related cognitive decline</li> </ul> </li> </ul> <p><b>**Rosemary**</b></p> <ul style="list-style-type: none"> <li>• Cognition: <ul style="list-style-type: none"> <li>- Improves memory recall</li> <li>- Enhances cognitive processing</li> <li>- Contains compounds supporting neural health</li> <li>- Potentially reduces cognitive aging effects</li> <li>- Supports neurological protection</li> </ul> </li> <li>• Energy &amp; Mental Clarity: <ul style="list-style-type: none"> <li>- Increases acetylcholine activity</li> <li>- Boosts mental alertness</li> <li>- Reduces mental fatigue</li> <li>- Supports overall brain oxygenation</li> <li>- Potentially improves mood and concentration</li> </ul> </li> </ul>
<b>Recipes:</b>	-
<b>Other</b>	<p>. When you run out of herbs and if you wish to keep taking them please let me know and I can give you another prescription without needing an appointment. You may need more herbs after 5-6 weeks.</p> <p>Return for your next appointment after you've had 2-3 periods to see how the herbs are working. Once your periods are close to normal we can start working on your immune system and fertility again.</p>

*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.*