

Treatment plan

Herbal medicine consultation - Initial consultation



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Initial consult: 07/02/2025

Client - Lumbini Wekunagoda

Subject: Initial consultation treatment plan

Hi Lumbini,

It was a pleasure meeting you today! I'm excited to embark on this journey together to enhance your health and well-being. Your passion for healthy living is truly inspiring, and I am committed to supporting you in achieving your health goals.

As we discussed during our consultation, addressing pain management and reducing inflammation will be crucial in your journey. Below is a comprehensive plan to guide you:

Plan:

1. Diagnostic Imaging: Please arrange for an X-ray and ultrasound to investigate any underlying causes of your pain and inflammation.

2. Herbal Tonic:

Pain Support and Anti-Inflammatory Tonic (100 ml)

- Dosage:** At the onset of pain, take 2 dropperfuls at a time, 3 to 5 times daily, and reduce as your pain improves.

3. Supplements:

- Vitamin D: For better absorption, consume with meals cooked in olive oil or with soaked nuts.

- Magnesium Supplement: I recommend the Magnesium Glycinate from Chemist Warehouse. You can find it -

🌐 [Nutra-Life Magnesium Hi-Zorb 60 Capsules](#)

- CoQ10 Supplement:** Since you're on Crestor (10mg statins), supplementing with CoQ10 may alleviate muscle pain and provide protection against oxidative damage. You can find a suitable option

🌐 [BioCeuticals CoQ10 Excel 150mg 90 Capsules](#)

For more information on coQ10, please check out this link:

🌐 [CoQ10 \(Coenzyme Q10\) Dosage](#)

4. Monitoring: Keep track of the temperature of the affected area and any fluid accumulation during episodes.

5. Dietary Modifications:

- Reduce beef consumption and substitute with lean proteins such as fish and poultry.

- I have attached an information sheet on Anti-Inflammatory and DASH diets for your reference.

- Use Australian certified olive oil for cooking. Here are a couple of recommendations:

🌐 [3L Tin Subscription | Extra Virgin Olive Oil | Goldi](#)

🌐 [Cobram Estate Extra Virgin Olive Oil Classic | 3L](#)

I look forward to hearing about your progress! Please schedule a follow-up consultation in 6 weeks to evaluate your progress and set new goals. Don't forget to bring your latest blood test results for our meeting.

You've got this!

Sincerely,

Bhuvi Prana - Western herbal medicine practitioner - Herbal Whisperer