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TREATMENT PLAN FOR : Tarrah Bellamy

Date: 21/01/25

Health Goals	<ol style="list-style-type: none"><li>1. <b>Improve bile composition and gall bladder health</b> to reduce gall bladder attacks and improve digestion of fats through incorporation of foods high in soluble fibre. See Diet</li><li>2. <b>Heal gastrointestinal epithelium</b> to improve overall digestive capacity, reduce further inflammation, lower stress on body, improve absorption of nutrients including b12 and iron, optimise recovery of gallbladder, maintain a health microbiome which is critical for gut health and immune health, enhance nutrient absorption, reduce systemic inflammation, improve energy levels.</li><li>3. <b>Stabilise blood sugar levels</b> to support pancreatic health, energy levels and liver function by reducing intake of processed sugars (lollies) and increasing intake of natural sugars in whole forms such as fruits.</li><li>4. <b>Gather more data from G.P.</b> by obtaining past blood tests, requesting more blood tests (see Referrals/Investigations bellow) to ensure other bodily systems are functioning optimally and aren't contributing to any further issues.</li><li>5. Long-term Health Protection:<ul style="list-style-type: none"><li>- Reduce risk of additional autoimmune conditions</li><li>- Support bone health (risk with celiac), poor vit D absorption, nutrient deficiencies</li><li>- Protect against further GI complications</li><li>- Support healthy aging long term.</li></ul></li></ol>
Diet	<ul style="list-style-type: none"><li>- <b>1 cup per day of strongly brewed BonVit Dandelion and chicory tea (comes loose or in bags- both are ok).</b> This traditional herbal tea gently stimulates bile production and flow, which helps break down fats and supports healthy digestion - this is especially helpful for those with gallbladder concerns. It contains natural compounds that may help</li></ul>

protect liver cells and support the liver's natural detoxification processes. This helps your liver function efficiently in processing nutrients and filtering toxins. The tea's mild diuretic effect helps flush excess fluid through the liver and gallbladder systems, supporting their healthy function

**FOOD IDEAS: (most of these are carb + protein + fibrous plant food)**

Snacks:

SMOOTHIE IDEAS. Here you can add **psyllium husk** to your smoothie to increase fibre (helps cholesterol excretion and balance) and supports microbiome.

-Can add small amount of honey to the smoothies if required for taste.

-Can add protein powder if tolerated!

One of these smoothies per day will really help increase fibre intake!

Mixed Berry Breakfast Smoothie:

Frozen mixed berries

Soy milk

Gluten-free cornflakes (adds thickness)

Psyllium husk

Mango Banana tropical Blend:

Frozen mango

Banana

Soy milk

Psyllium husk

Strawberry Special:

Frozen strawberries

Soy milk

Optional: banana (since you mentioned it's okay in smoothies)

Psyllium husk

Chocolate Special:

Soy milk

Cacao powder

Banana

Psyllium husk

**SNACKS**

**A piece of tolerated fruit. Fruit salad.**

**Bone broth to drink.**

**Sushi!**

**Rice cakes topped with:**

Mashed sweet potato and chicken

OR

Ham/chicken and lettuce

OR

Boiled egg, pepper and salt

**Sweet potato wraps with:**

Ham/chicken, lettuce, grated carrot, thin bits of capsicum, relish or hummus or some sweet potato dip.

**Mexican sweet potato wrap**

Cooked 4 bean mix (could be in small amount of tomato/pasta sauce/salsa), lettuce, grated carrot, shredded chicken, tinned corn. Can add GF taco mix spices to flavour (try Mingle seasonings).

**Mini corn fritters (baked):**

- Corn
- Egg (counting toward daily limit)
- Gluten-free flour
- Herbs + salt

**Rice paper rolls with:**

- Chicken or ham
- Iceberg lettuce
- Carrot
- Capsicum

Plus soy + honey mix for dipping

**Baked potato or sweet potato wedges with herbs for seasoning.**

**Roasted chickpeas with spices and salt for flavour (great snack you can premake)**

**Home popped popcorn with salt and spices**

**Cold meatballs**

**Bean mix with salsa and corn chips (gluten-free)**

**Rice crackers, veg (50-50 split) and Yumi's dips**

**Leftover cold meat**

**Cold chicken**

**DINNER/ANYTIME**

**Asian-Inspired Chicken Bowl:**

- Base: Steamed white rice
- Protein: Grilled chicken pieces
- Vegetables: Steamed carrots + corn kernels + capsicum
- Greens: Asian greens, or cooked spinach, or shredded iceberg.

	<ul style="list-style-type: none"> <li>Sauce: Gluten-free soy sauce mixed with a bit of honey, ginger, sesame seeds.</li> </ul> <p><b>Classic Beef Bowl:</b></p> <ul style="list-style-type: none"> <li>Base: Steamed rice</li> <li>Protein: Lean grilled mince meat</li> <li>Vegetables: Grilled capsicum + sweet potato cubes</li> <li>Greens: Wilted spinach</li> <li>Sauce: Lemon juice + olive oil drizzle</li> <li>Seasoning: fresh herbs, salt, pepper</li> </ul> <p><b>Mexican Bowl</b></p> <ul style="list-style-type: none"> <li>4 beans and mince cooked in a tomato base/salsa/passata and Mexican seasoning (makes a kind of chilli)</li> <li>Rice</li> <li>Corn</li> <li>Shredded iceberg</li> <li>Shredded carrot</li> <li>Coriander</li> <li>Lime juice to season</li> </ul> <p>(the bean mix makes great leftover that you can snack on the day after)</p> <p><b>Stuffed sweet potato</b></p> <ul style="list-style-type: none"> <li>With rice, beans, parsley, lemon juice, diced capsicum, mince.</li> </ul> <p>OR</p> <p><b>Stuffed capsicum</b></p> <ul style="list-style-type: none"> <li>With mince, rice, beans, parsley, sweet potato mash, lemon juice, corn, cooked spinach.</li> </ul> <p><b>Hummus recipe:</b>  1 can of chickpeas  1 tablespoon extra virgin olive oil  juice of half a lemon approx.  salt and pepper to taste  (optional can add other spices, herbs to flavour such as paprika, turmeric, curry powder, parsley etc)  Mix in blender and enjoy as a dip with vegetables.</p> <p><b>Shopping List suggestions:</b>  BonVit Dandelion Tea  Bone broth  Psyllium Husk  Investigate Felafels (Woolworths Macro Felafel Mix 200g – could bake instead of fry?)</p>
<b>Lifestyle</b>	-

<b>Barriers</b>	<ul style="list-style-type: none"> <li>- Familial, genetic hypercholesterolaemia, coeliac disease</li> </ul>
<b>Referral/Investigations</b>	<ul style="list-style-type: none"> <li>- See G.P. and request copies of any past blood tests.</li> <li>- Get H.Pylori testing done + results.</li> <li>- Request these tests: Vitamin D Thyroid function panel including TSH, T3, T4, Rt3, antibodies Fasting insulin and glucose C-Reactive Protein and ESR</li> <li>- Consider Microbiome Mapping – see attached to email sample report.</li> </ul>
<b>Prescription</b>	<ul style="list-style-type: none"> <li>- 1 cup dandelion tea per day- hot or cold, no milk, can add small amount of honey to taste.</li> <li>- Increased intake of fibre every day. 5 plant foods per day min</li> <li>- Consider a gut healing powder to reduce GIT inflammation, encourage healing. Will prescribe gf df option through Vital.ly so watch for email.</li> </ul>
<b>Recipes:</b>	<ul style="list-style-type: none"> <li>- See above</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>- Return in approx. 4 weeks to go over tests, see how dietary changes are going – what is working and what is not.</li> </ul> <p>PROS AND CONS OF CHOLECYSTECTOMY – GALL BLADDER REMOVAL SURGERY:</p> <p><b><u>PROS:</u></b></p> <ul style="list-style-type: none"> <li>- Elimination of Gallbladder Attacks</li> <li>- No more sudden, severe abdominal pain</li> <li>- Removes anxiety about potential future attacks</li> <li>- Can eat without fear of triggering an attack</li> <li>- Prevention of Serious Complications</li> <li>- Eliminates risk of gallbladder-induced pancreatitis</li> <li>- Prevents possible gallbladder rupture</li> <li>- Reduces risk of bile duct blockage</li> <li>- Less Dietary Restrictions</li> <li>- May be able to be more flexible with diet (though still need to be mindful)</li> <li>- Don't need to be as strict with fat intake</li> <li>- Easier social eating and traveling</li> <li>- Prevention of Future Gallstones</li> <li>- Even with diet control, hypercholesterolemia can lead to more stones</li> <li>- Removes risk of future stone formation</li> </ul>

	<ul style="list-style-type: none"> <li>- Prevents potential emergency surgery situations</li> </ul> <p><b><u>CONS:</u></b></p> <ul style="list-style-type: none"> <li>- Changes in Bile Release</li> <li>- No gallbladder to store and concentrate bile</li> <li>- Continuous bile flow into intestine rather than targeted release</li> <li>- May affect fat digestion timing</li> <li>- Potential Digestive Changes</li> <li>- Some people experience diarrhea after fatty meals</li> <li>- May have temporary or longer-term digestive adjustment period</li> <li>- Could experience bloating or gas more frequently</li> <li>- Post-Surgery Recovery</li> <li>- Requires several weeks of recovery time</li> <li>- Initially limited physical activity</li> <li>- Possible post-surgical pain and discomfort</li> <li>- Digestive Adaptation Required</li> <li>- Need to learn new eating patterns</li> <li>- May need to eat smaller, more frequent meals</li> <li>- Could take months to find new dietary balance</li> <li>- Surgical Risks</li> <li>- General anesthesia risks</li> <li>- Possible infection or bleeding</li> <li>- Small risk of bile duct injury</li> <li>- Permanent Change</li> <li>- Decision is irreversible</li> <li>- Must adapt to life without a gallbladder</li> <li>- Long-term management of bile flow changes</li> </ul>

*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.*