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TREATMENT PLAN FOR : Jesse Child Date: 10.3.25

Health Goals	<ol style="list-style-type: none">1. Begin to reduce frequency and severity of mood swings by introducing supplements to ensure nutritional needs are being met, and herbal medicine to support mood/ADHD symptoms.2. Incorporate Matcha green tea into daily routine to increase dopamine synthesis in the frontal cortex of brain. This will support focus, cognition, mood.3. Consider seeing someone for counselling/kinesiology or reiki to help support emotional/spiritual needs and work through any underlying emotions that may contribute to intensity of negative emotions.
Diet	<ul style="list-style-type: none">- Matcha green tea daily. Approx ½ - 1 teaspoon. Experiment with the dose and timing. Start by having it in the morning. Coles sell a brand called Tropeaka. Otherwise find any good quality organic matcha from a health food store (Go Vita Midland have a nice selection too)- Avoid dairy as to not inflame the stomach as this can exacerbate mental health issues via systemic inflammation
Lifestyle	<ul style="list-style-type: none">- Kinesiology (Kristie Ives in Lesmurdie from Heartspace - https://www.heartspacetherapy.com.au/)- Counselling (see G.P. for mental health care plan to access 10 low-cost sessions). A great way to learn techniques to support yourself. A nice place to just casually talk to someone for good perspective.- Reiki
Barriers	<ul style="list-style-type: none">- Time, need to try certain interventions to see how they work and assess.

Referral/Investigations	<ul style="list-style-type: none"> - Will consider more comprehensive testing in the future (neurotransmitter tests, microbiome mapping) depending on how the next few weeks/months go for you. I don't want you to invest a serious amount of money in testing if we can resolve some of your concerns with supplements/herbs that are effective.
Prescription	<ul style="list-style-type: none"> - See Vital.ly for Prescription. (Please keep in mind that as improvements occur we can lower doses of certain supplements, and perhaps even take some out long term) - Metagenics SPM – 1 per day An omega 3 fish oil concentrate. Anti-inflammatory, used for ADHD, cognitive function, reducing inflammation. - Orthoplex BioEnhanced Methyl B. 1 per day with food. Support energy production Aid in the synthesis of neurotransmitters Support healthy immune system function Support a healthy stress response in the body Maintain and support muscle health and function - RN Labs Magnesium Glycinate. 3 capsules in the evening. May help regulate neurotransmitters involved in attention and mood Could reduce hyperactivity and impulsivity symptoms in some individuals with ADHD May improve sleep quality, which often benefits ADHD symptoms Has calming effects on the nervous system that might reduce anxiety and irritability Better absorbed than other magnesium forms with fewer digestive side effects May help stabilize mood by supporting GABA production (an inhibitory neurotransmitter) Could reduce stress response by regulating cortisol levels Often used to address magnesium deficiency, which can worsen ADHD symptoms. - Designs for Health TriGandha. 2 capsules per day. May reduce stress and anxiety by lowering cortisol levels Improve focus and attention span through its adaptogenic properties May help stabilize mood fluctuations by modulating stress response Supports cognitive function and memory May reduce mental fatigue commonly experienced with ADHD Could improve sleep quality, which often helps ADHD symptoms

	<p>Supports testosterone levels in men, potentially benefiting mood</p> <p>Has anti-inflammatory properties that might benefit brain function</p> <p>May help reduce irritability and impulsive behaviour</p> <p>Enhance energy levels without causing jitteriness (unlike stimulants)</p> <p>- Give Back Health Saffron & Zinc. 2 caps per day.</p> <p>Saffron:</p> <p>May increase serotonin and dopamine levels, potentially improving mood regulation</p> <p>Shows promise in reducing ADHD symptoms in preliminary clinical studies</p> <p>May help reduce impulsivity and hyperactivity symptoms</p> <p>Could improve sustained attention and focus</p> <p>Has antidepressant properties that might help with mood swings</p> <p>May have comparable effects to methylphenidate (Ritalin) in some studies, but with fewer side effects</p> <p>Contains crocin and safranal compounds that may protect brain cells</p> <p>May help reduce anxiety, which often co-occurs with ADHD</p> <p>Could improve sleep quality, indirectly benefiting ADHD symptoms</p> <p>May have anti-inflammatory effects that support overall brain health</p> <p>Zinc:</p> <p>May support immune function, potentially reducing inflammation that affects brain function</p> <p>Deficiency has been linked to depressive symptoms and irritability</p> <p>Required for over 300 enzymes in the body, many involved in brain function</p> <p>May improve response to stress, potentially reducing emotional reactivity</p>
Recipes:	-
Other	<p>Return visit in 5 weeks.</p> <p>Email me if you have any questions 😊</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.