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TREATMENT PLAN FOR : Krystielee Harrison

Date: 27/3/25

Observations	Suspected gallbladder issues with confirmed gallstones Gastrointestinal inflammation and dysfunction Possible liver dysfunction related to fatty liver Anxiety and stress potentially exacerbating symptoms
Health Goals	<p>1. Improve gastrointestinal function:</p> <p>Why: To alleviate discomfort, reduce symptoms of diarrhoea, bloating, and abdominal pain. How: Through dietary modifications (safe foods), supplements, and stress management techniques.</p> <p>2. Support liver and gallbladder health:</p> <p>Why: To address underlying causes of gastrointestinal symptoms, improve bile consistency, shrink gallstones and prevent further complications. How: Using liver-supportive supplements (e.g., milk thistle, P2 Detox powder) and dietary changes.</p> <p>3. Enhance detoxification processes: Improve the body's ability to eliminate toxins and waste products.</p> <p>Why: To support overall health, increase liver function and potentially reduce inflammation in the digestive system. How: Through the use of P2 Detox powder and dietary modifications.</p> <p>4. Optimise nutrient absorption: Improve the digestive system's ability to break down and absorb nutrients from food.</p> <p>Why: To ensure proper nourishment and potentially reduce nutritional deficiencies.</p>

	<p>How: By incorporating digestive enzymes and probiotics into the treatment plan.</p> <p>5. Support methylation pathways that are under functioning due to MTHFR SNPs.</p> <p>Why: to support cholesterol metabolism, reduce gallstone formation, improve bile consistency, support hormonal health.</p> <p>6. Manage stress and anxiety to reduce the impact of stress on gastrointestinal symptoms.</p> <p>Why: Stress can exacerbate digestive issues and overall health.</p> <p>How: Through stress management techniques and potentially counselling or therapy in the future.</p>
Diet	<p>- I recommend keeping a food diary to help identify foods that may trigger your symptoms. For example take note of trigger foods, changes in bowel movement, reduction in abdominal pain, changes in gas, bloating, reflux.</p> <p>- It's important to avoid high-fat foods as they can be difficult to digest and may exacerbate your symptoms. However, you can include small amounts of healthy fats like nuts and avocado in your diet.</p> <p>- I would like you to have a daily smoothie made with green apple, silver beet or kale, and lemon. These ingredients can help support your liver function and overall digestive health – stop if it causes digestive discomfort.</p> <p>- Try adding apple cider vinegar to your diet. Try mixing 2 tablespoons in warm water and drinking it once daily. This can help support digestion and may have benefits for your gallbladder health. Again stop if it causes discomfort</p>
Lifestyle	<p>- Stress management is crucial for improving your digestive health.</p> <p>- Ensuring adequate sleep and maintaining a consistent sleep schedule can also support your body's healing processes.</p> <p>- In the future, we may consider counselling or therapy, or breath work to help manage anxiety, which can have a significant impact on digestive health.</p> <p>Remember, these changes are designed to support your body's natural healing processes. It's important to implement them gradually and consistently. We'll monitor your progress and can adjust these</p>

	recommendations as needed during your follow-up appointment in 4-5 weeks.
Barriers	-
Referral/Investigations	- Fasting insulin test
Prescription	<ul style="list-style-type: none"> - Mediherb P2 Detox. 1 metric teaspoon (4g) twice daily. Take for 6 weeks. - Mediherb Silymarin. 1 tablet, twice per day. Take for 3 months - Orthoplex Gut MX 1 tablet daily. Will review after bottle is complete if we wish to continue or stop this product. - RN Labs Methyl Fortify. 1 tablet per day ongoing - Suna Labs Digestive enzymes. 1 enzyme 3 times per day with main meals.
Recipes:	-
Other	

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.