

# Treatment plan

Herbal medicine consultation - Initial consultation



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Initial consult: **18/04/2025**

**Client** - Abirami Dhurga  
Muthupalaniappan

**Subject:** Initial consultation treatment plan

Hi Abirami,

Lovely to meet you yesterday and I look forward to working with you improve your health. You have a great enthusiasm for healthy living and I am really looking forward to working with you to reach your goals.

As discussed, you would benefit from extra support with balancing your hormones, improving your gut function and increasing your energy levels.

Below you will find the outline of herbal tonic prescription:

- **Hormone Harmony tonic** – 210 ml comprising of Peony, Motherwort, Shatavari, Schisandra, Rhodiola, Calendula and **Ginger**. The herbs used in the herbal tonic will help in balancing the hormones, may relax your nervous system, promote circulation, may provide relief from migraine, night

sweats and helps you to adapt with day-to-day stress and support your energy levels.

**Dosage:** Please take 2 ml everyday - 3 times a day - morning, noon and late evenings after food.

Herbal tonic is more effective when taken under the tongue, allowing for faster absorption into the bloodstream. Alternatively, you can mix your dosage into a glass of water, fruit or vegetable juice, or iced tea.

\*\* Store the bottle away from children.

### **Dietary suggestions:**

- On waking - Glass of warm water with a squeeze of lemon juice (alkalizing and gets digestive juices started up for the day)
- **Breakfast** - Start your day with a savoury breakfast 1-2 cups of sautéed veg in extra virgin olive oil (zucchini/spinach/broccoli/ mushrooms etc) + 1-2 eggs cooked your style + 1 slice of sourdough toast with hummus/avocado/ goat cheese and toasted sunflower seeds/ pumpkin seeds. For variety, you can alternate different vegetables everyday with eggs and your toast.
- Smoothie (Have this occasionally - just when you are craving something sweet) : 1 cup of dairy free milk (almond/soy) + 2 scoops of protein powder + 1 TBS of soaked nuts/seeds + 1/2 c frozen berries + 1 cup spinach/cucumber

Where to buy protein powder: [www.tropeaka.com.au](http://www.tropeaka.com.au)

- **Snacks ideas (keep them protein/veg based)**

- Hummus with carrot/cucumber sticks
- Nuts and toasted sunflower/ pumpkin seeds with dried cranberries or raisins.
- Coconut yoghurt unsweetened with seeds and a few blueberries
- Soaking lentils and legumes including peanuts for 8 hours before cooking is recommended. Soaking lentils and legumes removes phytic-acids (anti-nutrients). Phytic acids can also interfere with the absorption of certain minerals and nutrients in human body. Soaking lentils and legumes also prevents bloating.
- Protein Intake: Please ensure adequate protein intake - 60-80 grams a day. Foods high in protein includes Paneer, tofu, tempeh, kidney beans, chickpeas, white beans, black urud dhal, lentils, hemp seeds, green split peas.

Please see the attached info sheet on protein intake and portion chart.

- Include healthy fats in the diet like Avocado, nuts, seeds, olive oil which is important for healthy hormone production.
- Please incorporate '**Seed cycling**' to maintain healthy balanced hormones. I have attached a handout on Seed cycling. I prefer to measure equal quantity of the seeds - example - ½ cup of flax seeds and ½ a cup of pumpkin seeds slightly dry roasted to release the oil and powder them together with 2 tsp of ceylon cinnamon powder. Store it in a airtight container in the fridge. You can powder sunflower seeds and sesame seeds together and store in a separate jar.
- Maintain food diary to identify trigger foods that causes bloating and we can review it in the follow up appointment in 6 weeks time.
- Avoid cruciferous vegetables that cause bloating. Try steaming them/stir fry instead of boiling.
- Use pure olive oil for cooking. Olive oil is high in omega 3 and polyphenols that has heart protecting properties. You can consider Cobram estate olive oil

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

(or) Goldi Olive oil

🌐 [Smooth Extra Virgin Olive Oil | Australian Made | Goldi](#)

- Please take 2 to 3 Brazil nuts everyday as Brazil nuts are high in mineral selenium. Selenium is an important mineral for Thyroid functioning and required for converting T4 to active T3. You can combine chopped brazil nuts with dried mangoes for a tasty snack option at work.

🌐 [Coles Natural Brazil Nuts | approx 100g](#)

### **\*\* Other important suggestions:**

- Take Magnesium supplement:

🌐 [Nutra-Life Magnesium Hi-Zorb 120 Capsules](#)

Please see the attached sheet on benefit of taking magnesium as a supplement.

- Please do a complete blood test checking for the following –

Vitamin D, Iron including ferritin, Serum zinc, Liver function test, Full lipid panel - LDL, HDL, Triglycerides, Full thyroid panel checking your TSH, T4, T3, free T4 and thyroid antibodies to rule out any auto-immune condition.



### **LIFESTYLE ADVICE**

Consider strength training for bone and muscle health.

Please book in a return consultation 6 weeks' time to touch base on the progress and will also help us to set some new goals. Please bring your latest blood test results and food dairy for the follow up appointment. You've got this!!

Thanks, Bhuv P - Clinical Herbalist at Herbal Whisperer