

Treatment plan

Herbal medicine consultation - Initial consultation



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

Client - Stephanie Larive

Subject: Initial consultation treatment plan

Hi Stephanie,

It was lovely to meet you on 18/04/2025 for your initial consultation. I look forward to working with you to improve your health. You have a wonderful enthusiasm for healthy living, and I'm excited to support you on your journey toward achieving your wellness goals.

As we discussed, you would benefit from some additional support in managing stress and anxiety.

Below is the outline of your herbal tonic prescription:

Grounded Grace Herbal Tonic – 205 ml

Ingredients: Skullcap, Holy Basil, Withania, Motherwort, St. John's Wort, Hops, Calendula, and Saffron.

These herbs may help relax your nervous system, promote circulation, support energy levels, and improve your ability to adapt to day-to-day stress.

Dosage:

Please take 2 ml, three times a day – morning, evening, and night – after food.

The tonic is most effective when taken under the tongue for faster absorption. Alternatively, you can mix the dose with a glass of water, fruit or vegetable juice, or iced tea.

Note:

Store the bottle out of reach of children.

Dietary Suggestions:**On waking:**

Start your day with a glass of warm water and a squeeze of lemon juice. This is alkalizing and stimulates your digestive juices for the day ahead.

Breakfast:

Begin with a savoury breakfast:

- 1–2 cups of sautéed vegetables in extra virgin olive oil (e.g. zucchini, spinach, broccoli, mushrooms).
- 1–2 eggs cooked to your preference.
- 1 slice of sourdough toast topped with hummus, avocado, goat cheese, or toasted sunflower/pumpkin seeds.
You can alternate different vegetables and toppings daily for variety.

Smoothie (occasional treat when craving something sweet):

- 1 cup dairy-free milk (almond or soy).
- 2 scoops protein powder.
- 1 tablespoon soaked nuts or seeds.
- ½ cup frozen berries.
- 1 cup spinach or cucumber.

Where to buy protein powder:

www.tropeaka.com.au

Snack Ideas (keep them protein and vegetable-based):

- Hummus with carrot or cucumber sticks.
- Nuts and toasted sunflower/pumpkin seeds with dried cranberries or raisins.
- Unsweetened coconut yoghurt with seeds and a few blueberries.

Prioritise fibre and protein in your diet:**Fibre-rich foods:**

Baby spinach, broccoli, zucchini, carrots, chia seeds, rolled oats,

soaked almonds, raspberries, apples, pears, brown rice, lentils, and legumes. Fibre feeds your beneficial gut bacteria, which positively influences mood and energy levels.

Protein-rich foods:

Aim for 60–80 grams of protein daily. Good sources include lean meats, tofu, tempeh, kidney beans, chickpeas, white beans, lentils, hemp seeds, and green split peas.

Tip: Soak lentils and legumes for 8 hours before cooking. This reduces phytic acid (an anti-nutrient that can interfere with mineral absorption) and helps prevent bloating.

Please refer to the attached info sheet on protein intake and portion sizes.

Healthy fats:

Include healthy fats like avocado, nuts, seeds, and olive oil, which are important for hormone production. Use pure extra virgin olive oil for cooking – it's rich in omega-3 and polyphenols, which support heart health.

Recommended brands:

- [Cobram Estate Extra Virgin Olive Oil](#)
- [Goldi Olive Oil](#)

Selenium intake:

Consume 2–3 Brazil nuts daily, as they are a rich source of selenium – essential for thyroid function and for converting T4 to active T3.

For a tasty work snack, combine chopped Brazil nuts with dried mango.

[Coles Natural Brazil Nuts](#)

Other Important Suggestions:**Magnesium supplement:**

- [RN Labs Magnesium Glycinate 180 capsules.](#)
Please see the attached sheet for the benefits of magnesium supplementation.

Iron supplement:

Continue taking your iron supplement daily as recommended by your GP.

Lifestyle Advice:

Walking is fantastic for mood, energy, lymphatic function, and circulation. Start with 15 minutes a day and gradually increase to 30 minutes.

Continue your counselling sessions with Esther Peters.

Grounding activities:

- Walk barefoot on the beach, dipping your feet in the water for 30 minutes.
- Take nature walks in parks, reserves, or try forest bathing.

Explore the **EFT Tapping technique** to help manage stress and anxiety:

[Watch this video](#)

I look forward to hearing how you progress!

Please book a return consultation in 6 weeks to review your progress and set new goals. Kindly bring along your latest blood test results for this follow-up appointment.

You've got this!

Thanks,
Bhuvi P.
Clinical Herbalist at Herbal Whisperer