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TREATMENT PLAN FOR : Shayla Grant Date: 5.5.25

Health Goals	<p><b>1. Regulate Bowel Movements:</b></p> <ul style="list-style-type: none"><li>- Use partially hydrolysed guar gum (1 scoop twice daily in water) to help stabilise bowel movements.</li></ul> <p><b>2. Support Nervous System:</b></p> <ul style="list-style-type: none"><li>- Take NervaCalm (2-3 daily) to help manage stress and anxiety, which are contributing to gut issues.</li></ul> <p><b>3. Address Emotional Trauma:</b></p> <ul style="list-style-type: none"><li>- Use flower essences for grief and energetic protection (7 drops twice daily) to help with emotional stress and trauma (grief and energetic boundaries).</li></ul> <p><b>4. Improve Gut Health:</b></p> <ul style="list-style-type: none"><li>- Take herbal medicine for gut health, which includes antimicrobial, anti-inflammatory, restorative, nervous system restorative and liver support properties.</li></ul> <p><b>5. Establish Regular Eating Habits:</b></p> <ul style="list-style-type: none"><li>- Focus on having a regular breakfast with a protein focus to stabilise blood sugar and support the nervous system.</li></ul> <p><b>6. Consider Future Therapies:</b></p> <ul style="list-style-type: none"><li>- Explore options like Reiki and kinesiology to address deeper emotional trauma.</li></ul>
Diet	<p><b>- Regular Breakfast:</b></p> <ul style="list-style-type: none"><li>- Have a balanced breakfast every day between now and when we see each other again.</li></ul> <p>Good options include:</p> <ul style="list-style-type: none"><li>- Eggs with avocado and/or bacon and/or cherry tomatoes and/or wilted spinach and/or fetta on toast.</li></ul>

	<p>-Veg filled omelette</p> <p>- Greek yoghurt (high in protein) with granola, nuts, seeds, fresh fruits.</p> <p>- A frittata or quiche that you can prepare in advance and have ready to eat – with veg in it.</p> <p>- <b>Protein Focus:</b></p> <p>- Ensure your breakfast includes a good source of protein. This helps stabilise your blood sugar and supports your nervous system throughout the day.</p> <p>The ultimate breakfast combo is protein+ fibre (fruit, veg)+ fats (avo, eggs, nuts, seeds, olive oil) + minimally processed carbs (quality bread, sweet potato, fruit)</p> <p>- <b>Avoid High Sugar Foods:</b></p> <p>- Try to limit foods high in sugar, especially in the morning. Opt for natural sources of sweetness like fruits if needed.</p>
<b>Lifestyle</b>	<p>Considerations:</p> <p>- <b>Reduce Smoking:</b></p> <p>- Consider reducing the number of cigarettes you smoke daily. This will help improve your overall health and reduce stress on your body/toxin build up. Consider family history also.</p> <p>- <b>Exercise:</b></p> <p>- Continue walking your dog daily, as these activities are beneficial for both physical and mental health.</p> <p>- Incorporate strength training exercises to help build muscle and gain weight.</p> <p>- <b>Sleep Routine:</b></p> <p>- Aim to go to bed and wake up at consistent times. Try to get at least 7-8 hours of sleep each night.</p> <p>- Create a relaxing bedtime routine to help improve the quality of your sleep. Dim lights, t.v low and not too close to your face. Put that phone away after dinner.</p> <p>- <b>Stress Management:</b></p> <p>- Consider exploring therapies like Reiki or kinesiology to address deeper emotional issues.</p>
<b>Barriers</b>	-
<b>Referral/Investigations</b>	-
<b>Prescription</b>	- <b>Herbal medicine 7ml twice per day until finished. Can take as a gnarly shot or mixed in water.</b>

	<ul style="list-style-type: none"> <li>- Fennel (decrease intestinal spasm/cramp)</li> <li>- Golden Seal (restores intestinal lining, helps reduce “bad” bacterias”)</li> <li>- Chamomile (GIT anti-inflammatory, mild sedative)</li> <li>- Oats (Used as a “herbal hug”, strengthens the nervous system, improves mood)</li> <li>- Calendula (antimicrobial for GIT, anti-inflammatory)</li> <li>- St Mary’s Thistle (supports liver detoxification pathways)</li> </ul> <ul style="list-style-type: none"> <li>- <b>Partially hydrolysed guar gum. 2 scoops per day in water.</b> Drink immediately. Helps feed good bacteria in gut. Helps reduce diarrhoea, and constipation.</li> <li>- <b>NervaCalm. 1 tablet 3 times per day</b> Relieves sleeplessness, digestive discomfort driven by anxiety, alleviates anxiety.</li> <li>- <b>Flower essences. 7 drops under the tongue twice per day.</b> Fringed Violet &amp; Star of Bethlehem</li> </ul> <p><b>Fringed Violet:</b> Used for damage to aura; distress; lack of psychic protection. Removal of effects of recent or old distressing events; heals damage to aura; <b>psychic protection.</b></p> <p><b>Star of Bethlehem:</b> ...is one of the remedies in the traditional <a href="#">crisis formula</a>. It is the remedy for the <b>after-effects of shock</b>, such as is caused by unexpected bad news or any unexpected and unwelcome event. It can be used just as well for the effects of a shock received many years ago, even very early in childhood. <b>This is also the remedy for that sense of emptiness and loss</b> that sometimes occurs when a loved one dies or moves away. Star of Bethlehem is a comforting remedy to take in such circumstance</p>
<b>Plan</b>	<p>At next visit we’ll discuss: Any changes to bowel function, digestion, nervous system, sleep. Assess next phase of treatment – changing supplements, removing any, introducing IBS specific probiotics etc.</p> <p><b>Follow Up 20<sup>th</sup> May 9am</b></p>
<b>Recipes:</b>	-
<b>Other</b>	<p>Reiki: <a href="https://biosoulnaturopathy.com/reiki/">https://biosoulnaturopathy.com/reiki/</a> Kinesiology: <a href="https://www.heartspacetherapy.com.au/">https://www.heartspacetherapy.com.au/</a></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.*