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TREATMENT PLAN FOR : Indi Law Date: 5/6/25

Health Goals	<ol style="list-style-type: none"><li><b>1. Reduce appearance of acne</b> (short term and long term goal- allow 2-6 months) by addressing gut health, microbiome, liver function and stress (see diet, lifestyle and prescription for more info on how this will be achieved).</li><li><b>2. Improve liver detoxification capacity</b> by utilising DetoxPro to ensure proper breakdown and excretion of metabolic breakdown products, toxins, hormones, chemicals etc.</li><li><b>3. Increase fibre intake</b> to ensure healthy microbiome, reduce inflammation of the GI tract, support bowel movements by having a smoothie every morning.</li><li><b>4. Reduce pathogenic bacteria</b> ("bad bacteria") in the GI tract to reduce systemic inflammation that contributes to acne.</li><li><b>5. Address stressful factors in life where possible</b> (housing situation).</li></ol>
Assessment	<p>Acne vulgaris with potential hormonal component based on cyclical pattern and distribution.</p> <p>Possible contributing factors include:</p> <ul style="list-style-type: none"><li>-<b>Stress</b> related to housing situation</li><li>- <b>Liver function</b> issues suggested by alcohol intolerance, acne, hormonal fluctuations, diarrhoea.</li><li>-Potential <b>gut dysbiosis</b> indicated by loose stools</li><li>-<b>Blood sugar dysregulation</b> from irregular eating pattern</li><li>- <b>Hormonal fluctuations</b></li></ul>
Diet	<ul style="list-style-type: none"><li>- <b>Increase hydration and start drinking 1-2 cups of green tea daily</b> (green tea reduces bad bacteria in the GI, and reduces</li></ul>

	<p>redness and inflammation in the skin).</p> <ul style="list-style-type: none"> <li>- <b>Avoid all alcohol</b></li> <li>- <b>Introduce daily smoothie</b> containing fibre, fats protein and healthy fats. This will stabilise blood sugar, reduce energy crashes and improve gut health.</li> </ul> <p>Suggested ingredients include:  Any frozen fruits you like berries.  Frozen greens (kale, spinach)  Greek yogurt (high protein)  Almond butter (good fats)  Avocado (high fibre and healthy fats which are great for the skin)  Chia seeds, flax seeds (great fibre and fat source)  Protein powder (protein source, keeps you fuller, reduces blood sugar rollercoaster- can try a flavoured or plain one).  Milk (dairy, almond, whatever type you enjoy just watch out for any added sugars in plant milks)</p>
<b>Lifestyle</b>	<ul style="list-style-type: none"> <li>- Consider what we discussed today about stress, and where possible not introducing more irritating/stressful/unhappy situations into your life. <b><i>Stress is the likely root cause of this cascade of events leading to the acne presentation.</i></b></li> </ul>
<b>Barriers</b>	<ul style="list-style-type: none"> <li>- Time, stress</li> </ul>
<b>Referral/Investigations</b>	<ul style="list-style-type: none"> <li>- Blood testing an option in October if needed.</li> </ul>
<b>Prescription</b>	<ul style="list-style-type: none"> <li>- Orthoplex detox pro. Targets liver detoxification and function. 1 level scoop (4.5 g) twice daily mixed with water; consume immediately. Until container is finished.</li> <li>- Herbal medicine. Targets lymphatics, skin, inflammation, liver, gut microbiome. 5ml 2x daily Contains: <b>Burdock Root</b> - A powerful blood purifier that helps eliminate toxins through the skin, kidneys, and lymphatic system. It supports liver function and contains compounds that help reduce inflammation and bacterial overgrowth contributing to acne.</li> <li>- <b>Barberry</b> - Contains berberine, which has strong antimicrobial properties that help address pathogenic gut bacteria while supporting healthy digestive function. It also aids liver detoxification and helps regulate bile flow.</li> <li>- <b>Calendula</b> - A gentle yet effective tissue healer and anti-inflammatory herb that promotes skin repair and</li> </ul>

	<p>regeneration. It has antimicrobial properties and helps soothe inflamed skin while supporting the body's natural healing processes.</p> <ul style="list-style-type: none"> <li>- <b>Gotu Kola</b> - Enhances circulation and lymphatic drainage while promoting collagen synthesis for healthy skin repair. It's known as a tissue regenerator and helps reduce scarring while supporting overall skin health.</li> <li>- <b>Goldenseal</b> - A potent antimicrobial herb that helps address bacterial infections and supports immune system function. It aids in reducing inflammation and has traditionally been used for skin conditions involving infection.</li> <li>- <b>Poke Root</b> - Stimulates lymphatic circulation and helps move stagnant toxins through the lymph system. It supports the body's natural detoxification processes.</li> <li>- <b>Maritime Pine</b> - Rich in antioxidants (proanthocyanidins) that help protect against oxidative stress and support healthy circulation. It aids in reducing inflammation and supports the skin's healing and repair mechanisms.</li> <li>- Together, these herbs work synergistically to address the root causes of acne by supporting detoxification, reducing inflammation, fighting harmful bacteria, and promoting healthy skin regeneration.</li> <li>-</li> </ul>
<b>Recipes:</b>	-
<b>Other</b>	<ul style="list-style-type: none"> <li>- Review in 3 weeks (27/06/2025) to assess progress and adjust treatment plan.</li> <li>- Long-term goal to develop 3-month treatment plan focusing on gut health restoration and continued liver support.</li> </ul>

*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.*

