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TREATMENT PLAN FOR : Ellie Alderton Date: 21.5.25

Health Goals	<ol style="list-style-type: none">1. Re-establish Healthy Eating Patterns:<ul style="list-style-type: none">- Focus on a consistent healthy breakfast routine over the next 5 weeks.- Continue berberine and inositol supplementation.- Commence herbal mixture containing cinnamon, schisandra, pine, liquorice, and peony to support liver function, blood sugar regulation, and PCOS management.2. Manage Stress and Mental Wellbeing:<ul style="list-style-type: none">- Consider CBD oil for intrusive thoughts and stress management.- Encourage continued Pilates attendance.- Recommend energy clearing practices for the home environment.- Reconsider your job3. Address Physical Symptoms:<ul style="list-style-type: none">- Trial magnesium supplementation for muscle relaxation and cramping.- Consider kidney function testing if unusual urine odour persists.- Plan to reassess insulin resistance, blood sugar levels, and thyroid function in 3 months.
Diet	<ul style="list-style-type: none">- Healthy Breakfast Routine:<ul style="list-style-type: none">- Aim for a high-protein, savoury breakfast to stabilise blood sugar levels throughout the day.- Examples include scrambled eggs with vegetables, protein shakes, or chia puddings with protein powder and fruit.- Avoid high-sugar cereals and opt for whole foods.- Carbohydrate Management:<ul style="list-style-type: none">- Package carbohydrates with protein and fat to manage blood sugar levels.- For example, add nuts or nut butter to porridge to slow

	<p>digestion and provide a steady energy release.</p> <ul style="list-style-type: none"> - Quality Produce: <ul style="list-style-type: none"> - Continue shopping at farmers' markets for fresh, high-quality produce. - Limit processed foods and focus on whole, nutrient-dense foods. - Get Pinterest inspo, make a shopping list, get cute containers. Make food look beautiful and aesthetic. Take cute pics for dopamine!!
Lifestyle	<ul style="list-style-type: none"> - <ul style="list-style-type: none"> - Exercise: <ul style="list-style-type: none"> - Continue attending Pilates three times weekly. - Incorporate daily walks, especially in the afternoon, to get outside and enjoy the sunshine. - Stress Management: <ul style="list-style-type: none"> - Consider using CBD oil to manage intrusive thoughts and stress. - Engage in energy clearing practices at home, such as saging and opening windows to shift stagnant energy. - Work-Life Balance: <ul style="list-style-type: none"> - Reflect on current employment and consider potential changes by January to improve mental wellbeing. - Discuss employment options with a partner and set a timeline for potential change.
Barriers	<ul style="list-style-type: none"> - Your work is a huge barrier, time.
Referral/Investigations	<ul style="list-style-type: none"> - Will test kidney function if required when I see you next.
Prescription	<ul style="list-style-type: none"> - Berberine: Continue as per current dosage. - Inositol: Continue as per current dosage. - Herbal Mixture: Cinnamon, schisandra, martime pine, licorice, and peony. Dosage: 7ml twice daily. - Magnesium Supplementation: Trial magnesium glycinate or magnesium chloride spray for muscle relaxation and cramping. <p>Herbal Benefits Cinnamon</p> <ul style="list-style-type: none"> • Blood sugar stabilization - directly improves insulin sensitivity in insulin resistance

	<ul style="list-style-type: none"> • PCOS support - helps reduce testosterone levels and regulate menstrual cycles • Antioxidant protection - combats your oxidative stress burden • Thyroid function - may help normalize thyroid hormone conversion <p>Schisandra</p> <ul style="list-style-type: none"> • Adrenal recovery - helps regulate cortisol in stress-related conditions • Liver detoxification - supports hormone metabolism, crucial for PCOS • Autoimmune modulation - helps balance overactive immune responses affecting thyroid • Skin barrier support - addresses inflammatory skin conditions through stress adaptation <p>Maritime Pine</p> <ul style="list-style-type: none"> • Powerful free radical scavenger - directly addresses your oxidative stress • Microcirculation improvement - enhances nutrient delivery to skin tissues • Blood glucose regulation - complements insulin resistance management • Anti-inflammatory action - helps reduce autoimmune-related inflammation <p>Liquorice</p> <ul style="list-style-type: none"> • Adrenal nourishment - helps manage stress response and fatigue • Cortisol regulation - balances stress hormones that exacerbate insulin resistance • Autoimmune modulation - may help reduce thyroid antibody activity • Gut lining repair - addresses intestinal permeability often linked to autoimmunity <p>Paeony</p> <ul style="list-style-type: none"> • Thyroid antibody reduction - specifically shown to lower TPO and TG antibodies • Ovarian function support - helps normalize hormones disrupted in PCOS • Inflammatory skin relief - addresses skin manifestations of internal imbalances • Immune system regulation - helps balance TH1/TH2 response in autoimmunity
Recipes:	-
Other	See you on June 18 th at 9am 😊

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.