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TREATMENT PLAN FOR : Elisa Sharifah

Date: 20/6/25

Health Goals	<ol style="list-style-type: none">1. Reduce Stress and Improve Sleep Quality<ul style="list-style-type: none">- Implement magnesium supplementation (glycinate form) daily.- Use herbal tonic for sleep (California poppy, skullcap, passion flower) to promote relaxation and improve sleep quality.2. Manage Perimenopausal Symptoms<ul style="list-style-type: none">- Monitor and address irregular menstruation, muscle loss, and increased heat sensitivity.- Encourage intuitive eating, focusing on pure foods like fruits and vegetables.- Utilise magnesium to help manage perimenopausal symptoms- If symptoms persist we can discuss further management strategies when I see you in Oct (ways to maintain and increase strength)3. Enhance Gut Health<ul style="list-style-type: none">- Use Partially Hydrolysed Guar Gum (PHGG) daily to reduce inflammation, promote good bacteria, and manage diarrhoea.- Incorporate GI Revive powder for broad-spectrum gut healing.- Avoid trigger foods such as carbohydrates, sugar.4. Support Adrenal/lymph Health<ul style="list-style-type: none">- Administer adrenal/lymph tonic (Withania/Ashwagandha) to reduce cortisol levels and nourish adrenals.5. Address Tinnitus and EMF Sensitivity<ul style="list-style-type: none">- Consider EMF shielding- Magnesium can help with EMF sensitivity- Spend time in nature to buffer against the effects on EMF sensitivity- Nourishing the body for more robust health helps combat EMF effects.6. Maintain Overall Health Balance<ul style="list-style-type: none">- Continue lifestyle modifications: daily walks, mindful eating, and stress reduction techniques.- Regular follow-up appointments to assess progress and adjust
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	treatment as necessary.
Diet	<ul style="list-style-type: none"> - Maintain diet that feels good for you – veg, fruit, high fibre. - If you can try incorporate protein sources (small amounts of animal protein, tofu, or legumes to maintain protein intake)
Lifestyle	-
Barriers	-
Referral/Investigations	-
Prescription	<ul style="list-style-type: none"> - Gut health: PHGG GI Restore (see Vital.ly email for prescription and ordering this) - Adrenals: Withania herbal blend - Lymph: Poke root within the Withania herbal mixture - Stress/sleep/balance: Magnesium glycinate Herbs for sleep (Californian Poppy, skullcap, passionflower)
Recipes:	-
Return Appt	From Oct 1st
Other	<p>Withania (Ashwagandha)</p> <ul style="list-style-type: none"> • Reduces cortisol levels and stress response • Improves sleep quality and reduces time to fall asleep • Supports adrenal function and helps manage chronic stress • May help with anxiety and mood during perimenopause • Enhances overall stress resilience <p>Skullcap</p> <ul style="list-style-type: none"> • Promotes relaxation and reduces nervous tension • Helps with sleep initiation and maintaining sleep • Calms overactive mind and racing thoughts • Reduces anxiety and restlessness • Supports nervous system recovery from stress <p>Passionflower</p> <ul style="list-style-type: none"> • Improves sleep quality and reduces sleep disturbances • Decreases anxiety and promotes calmness • Helps with menopausal sleep issues and hot flashes • Reduces cortisol and stress hormone activity • Eases nervous tension and worry <p>California Poppy</p> <ul style="list-style-type: none"> • Promotes restful sleep and helps with insomnia

	<ul style="list-style-type: none"> • Reduces anxiety and emotional stress • Calms nervous system without causing drowsiness the next day • Helps with pain-related sleep disruption • Supports relaxation during times of transition like perimenopause <p>All four herbs work synergistically to support the nervous system, reduce stress hormones, and promote better sleep quality - particularly beneficial during perimenopause when hormonal changes can disrupt sleep patterns and increase stress sensitivity.</p> <p>If curious, look into the “Doctrine of Signatures” of plants. Also website www.herbalreality.com is a great place to learn about herbs if interested!</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.