Treatment plan

Herbal medicine consultation - Initial consultation



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Initial consult: 24/07/2025

Client - Manju Busareddy

Treatment Plan

Hi Manju,

Thank you for seeing me today for your herbal medicine consultation. You have a wonderful enthusiasm for healthy living. Below is the treatment plan addressing the health goals we discussed during your appointment.

Protocol -

1. Hormonal Support Tincture:

To address irregular periods, perimenopausal symptoms, mood fluctuation and breast tenderness.

- Vitex agnus-castus (Chaste Tree Berry)
 - Regulates the hypothalamic-pituitary-ovarian axis, balances luteal phase.

Vitex - Nature's way 400 mg:

https://www.iherb.com/pr/nature-s-way-vitex-fruit-400-mg-100-vegan-capsules/2053

Dosage:

Adults: Take 1 capsule daily after waking up.

Stop taking the dosage on the days of menstrual bleeding (for 5 days) and recommence the dosage once you stop bleeding.

It may take 6-8 weeks to see the effect.

2. Hot Flush & Night Sweat Support (Evening or As Needed)

Sage tea: cooling, astringent

https://www.iherb.com/pr/frontier-co-op-organic-rubbed-sage-leaf-16-oz-453-g/30984

How to make Sage tea:

Boil 2 cups of water. Put 1 thsp of dried sage leaf. Cover it with lid to trap the aromatic compounds. Infuse the tea for 3-5 minutes and have the tea in the evening time. Sage is proven to reduce hot flushes and night sweats.

Nutritional & Lifestyle Recommendations:

1. Iron & Blood Building Support:

A. Consume lots of green leafy vegetables and other iron rich food. Add lemon juice to cooked green leafy gravy/stir fry as vitamin C helps in absorption of Iron.

- B. Consume soaked honey dates 2 dates for 45 days continuously.
- C. Please re-test iron levels after 3 months.
- 2. Support thyroid: Seaweed (kelp/nori), selenium-rich foods (Brazil nuts), protein rich food.
- 3. Reduce caffeine, and refined sugar (can worsen hot flushes + deplete B vitamins). Replace with herbal teas like hibiscus tea, sage tea, lemongrass tea.
- 4. On waking up:

On waking - Glass of warm water with a squeeze of lemon juice, 1 tsp of grated ginger and 1 tsp of grated galangal (alkalizing and gets digestives juices started up for the day). Galangal may help with brain fog.

<u>Breakfast - Starting your day with a savoury breakfast.</u>

- 1-2 cups of veg (zucchini, spinach, broccoli, etc) + 1-2 eggs + 1 slice of sourdough toast with hummus/avocado. For variety, you can alternate different vegetables everyday with eggs and your toast.
- 5. Morning/evening Snacks ideas (keep them protein/veg based):
- · Hummus with carrot/cucumber sticks
- · Olives
- · Nuts and seeds
- · Coconut yoghurt unsweetened with seeds and a few blueberries.
- 6. Protein Intake:

Adequate protein intake is necessary for good mood, hormonal balance, muscle recovery.

Protein-rich foods help to maintain muscle mass and repair bodily cells. They also keep you feeling full and satisfied.

Please see attached Protein fact sheets.

- 7. 2 tbsp of Flaxseeds everyday Flaxseeds are naturally high in fibre, Omega 3 and lignans. It is high in Phyto estrogen and may help with estrogen balance in the body. Also refer to the seed cycling chart. Please follow the seed cycling once you get back your periods.
- 8. Consume lots of omega 3 rich foods: Walnuts, flaxseeds, Fatty Fish, Olive oil, sunflower seeds, pumpkin seeds etc.
- 9. Strength training: Please do strength training exercise for bone and joint health and to maintain muscle mass 3 times a week.
- 10. Replace Himalayan salt with Celtic salt high in trace minerals or take iodised salt and use for cooking.
- 11. Supplements:

A. Please take Magtein - Magnesium L-Threonate - 2 capsules in the evening every day.

B. Vitamin D+K2 - One capsule every day after breakfast.

Follow-Up Plan

2-3 Weeks:

- · Assess tolerance to herbs
- · Monitor mood, energy, flushes, and sleep

6-8 Weeks:

- $\boldsymbol{\cdot}$ Reassess menstrual cycle regularity and iron status
- · Consider adjusting hormonal support based on symptom progress
- \cdot Discuss long-term adrenal and endocrine strategies

Follow-Up:

Please book a follow-up appointment in 8 weeks to review your progress and update your health goals.

You've got this!

Thanks,

Bhuvi P.

Clinical Herbalist at Herbal Whisperer