

# Treatment plan

Herbal medicine consultation - Initial consultation



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Initial consult:  
22/08/2025

Client - Pushkala Shivram

## Treatment Plan

Hi Pushkala,

Thank you for seeing me for your herbal medicine initial consultation. You have a wonderful enthusiasm for healthy living. Below is your personalised treatment plan, designed to address the health goals we discussed during your appointment.

### 1. Bespoke “Glow Getter” Facial Cream – 100g

To support skin health and reduce pigmentation, I recommend a customised cream containing:

- **Liquorice** – helps reduce pigmentation and brightens the skin.
- **Gotu Kola** – supports collagen synthesis and strengthens connective tissue.
- **Horsetail** – rich in silica, promotes a strong and healthy skin barrier.
- **Saffron** – brightens the skin and enhances natural glow.

#### Directions:

- Apply a generous amount of Glow Getter cream twice daily (morning and night) after cleansing.
- If using vitamin C serum and staying indoors, apply serum first, then the cream.
- If going out in the sun, apply vitamin C serum → Glow Getter cream → sun protection stick.

#### Evidence:

- The combination of liquorice and vitamin C has been shown to reduce hyperpigmentation in clinical studies.
  - [Study 1](#)
  - [Study 2](#)

## 2. Add Prebiotic Foods to the Diet

Prebiotics are non-digestible fibres that feed beneficial gut bacteria, supporting digestion, nutrient absorption, and immune function. A healthy gut microbiome also plays a role in healthy skin and improved barrier function.

#### Examples:

- Whole grains (wheat, barley, oats)
- Apples (with skin), avocado, asparagus
- Garlic, onions, leeks
- Beans, legumes, peas
- Berries, bananas

## 3. Swap Yoghurt for Kefir

Kefir is a probiotic-rich fermented milk that is easier to digest than regular yoghurt, even for those with lactose intolerance.

**Brand suggestion:** Rokeby Probiotic Filmjöl Natural (750g, available at Coles).

## 4. Flaxseeds and Seed Cycling

- Take **2 tbsp flaxseeds daily**.
- Benefits: high in fibre, omega-3 fatty acids, lignans, and phytoestrogens to support hormone balance (especially oestrogen).
- Please also refer to your seed cycling chart to support balanced oestrogen and progesterone levels.

## 5. Beauty Foods for Skin and Hormonal Health

Incorporate the following nutrient-rich foods into your diet:

- **Lycopene-rich foods** – defend against sun damage (beets, papaya, tomatoes, watermelon).
- **Flavonoids (e.g., gingerol)** – anti-inflammatory, anti-ageing (ginger).
- **Indole-3-carbinol foods** – support hormone balance (broccoli, Brussels sprouts, cabbage).

- **Sulforaphane-rich foods** – reduce inflammation, protect skin from UV damage, boost glutathione (broccoli, sprouts, cauliflower, turnips, watercress, beets).
- **Resveratrol** – activates repair enzymes and protects cells (raspberries, red grapes with seeds).

## 6. Cardiovascular Health Support

- **Pomegranates** – reduce LDL cholesterol, prevent plaque buildup, and support healthy blood pressure.
- **Hibiscus tea** – shown to reduce blood pressure.
  - In a clinical study of 46 participants with high blood pressure, those who drank hibiscus tea for one month had significantly lower systolic and diastolic blood pressure compared to placebo.
  - [Study link](#)

## Follow-Up Plan

### In 6–8 Weeks:

- Reassess pigmentation progress.
- Consider magnesium supplementation for cardiovascular health and blood pressure regulation.
- Review long-term strategies for gut and cardiovascular health.

### Next Step:

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

You're doing beautifully—keep it up! 🌱

You've got this!

Thanks,

Bhuvi P.

Clinical Herbalist at Herbal Whisperer