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TREATMENT PLAN FOR : Taylor Slater Date: 13/6/25

Health Goals	<ol style="list-style-type: none">1. Increase Cellular Insulin Sensitivity Improve insulin receptor function and glucose uptake to shift the body from an insulin-resistant/pre-diabetic state toward normal glucose and insulin homeostasis. How: Herbal medicine individual mixture, ALA, chromium, inositol, magnesium. See below for dosage.2. Restore Ovulation and Menstrual Regularity Promote mid-cycle ovulation through hormonal support to re-establish regular menstrual cycles and healthy luteal phase function. How: Vitex/Chasteberry herbal mix. See below for dosage.3. Modulate Cortisol and HPA Axis Function Lower elevated cortisol levels and restore HPA axis balance using adaptogens, improving energy, mood, and stress resilience. How: B vitamins, Ashwagandha, Kava, adequate sleep4. Improve Energy and Mitochondrial Function Enhance cellular energy production, reduce oxidative stress, and improve fatigue. How: B vitamins, alpha-lipoic acid, and lifestyle strategies (see below)
Diet	<ul style="list-style-type: none">- <u>You are doing so well!!</u> Keep focusing on protein and fibrous vegetables, with healthy fats and modest portions of unprocessed carbs (legumes, sweet potato, root veg, low sugar fruits etc)- Keep meal prepping, making food in advance.- See handout on Fibre attached to email. You want 30grams of fibre each day.

	<ul style="list-style-type: none"> - This image I made for you! I've attached to the email also if you want to print it 😊 <div data-bbox="563 295 1324 1243" data-label="Image"> <p>A Balanced Plate: To support insulin sensitivity, blood glucose regulation, gut health, hormonal health and nutritional status</p> <p>Protein</p> <p>Healthy fats</p> <p>Unprocessed carbs</p> <p>Low Carb Vegetables</p> <p>BIO.SOUL</p> </div>
Lifestyle	<ul style="list-style-type: none"> - See Treatment protocol I gave you/attached to email - Basically 3x week weight training - Low impact cardio only - Consider intermittent fasting 8 hour window.
Barriers	<ul style="list-style-type: none"> -
Referral/Investigations	<ul style="list-style-type: none"> - In 3 months we will retest hormones, cortisol, insulin, glucose.
Prescription	<ul style="list-style-type: none"> - Alpha lipoic acid. 1 capsule twice daily - Chromium max. 1 capsule per day - B vitamins. 1 capsule daily with food - Inositol. 2 level scoops (2 g) twice daily, away from meals - can mix with the metarelay if its easier - Trigandha. 2 capsules daily with a large glass of water

	<ul style="list-style-type: none"> - Metarelast. 2 level scoops (12.7 g) twice daily in 200 mL water - Herbal mixture (Cinnamon, turmeric, bitter melon, schisandra) 7ml twice daily - Hormonal herbal mixture (Vitex/chasteberry) 2ml in the morning. <p>Cycling Protocol: Take during your cycle, stop during menstruation. If experiencing absent periods, take for 25 consecutive days, then stop for 5 days. Repeat this pattern for 3-4 cycles until menstruation returns</p>
Recipes:	-
Other	

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.