



Ashleigh van Nierop. Naturopath  
BHSc (Nat), Bach Comp Med. Member ANTA.  
[Ash@biosoulnaturopathy.com](mailto:Ash@biosoulnaturopathy.com)  
[www.Biosoulnaturopathy.com](http://www.Biosoulnaturopathy.com)

TREATMENT PLAN FOR :

Date:

Health Goals	<ol style="list-style-type: none"><li>1. Increase cellular sensitivity to insulin</li><li>2. Support mitochondrial health</li><li>3. Increase protein intake</li><li>4. Increase fibre intake</li></ol>
Diet	<ul style="list-style-type: none"><li>- Front load your day with protein at breakfast and lunch.</li><li>- Purchase protein powders and psyllium husk</li></ul> See emailed meal plan suggestions
Lifestyle	<ul style="list-style-type: none"><li>- Complete diet diary with as much detail as possible</li></ul>
Barriers	-
Referral/Investigations	<ul style="list-style-type: none"><li>- Consider some type of talk therapy or counselling around childhood nurturing and its link to your dietary choices, eating for dopamine/comfort/happiness.</li></ul>
Prescription	<ul style="list-style-type: none"><li>- Ubiquinol 300mg 1 capsule daily</li><li>- Chromium Max. 1 capsule daily</li><li>- Acetyl-L-Carnitine 2 capsules daily</li><li>- Alpha lipoic acid 300. 2 Capsules daily</li><li>- Magneisum glycinate. 3 capsules daily</li><li>- Myo-Inositol. 2 scoops once daily away from meals.</li></ul> <p>(See Vital.ly for prescription and ordering)</p>
Recipes:	-
Other	Follow up appointment in 3 weeks to track dietary changes

*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.*