



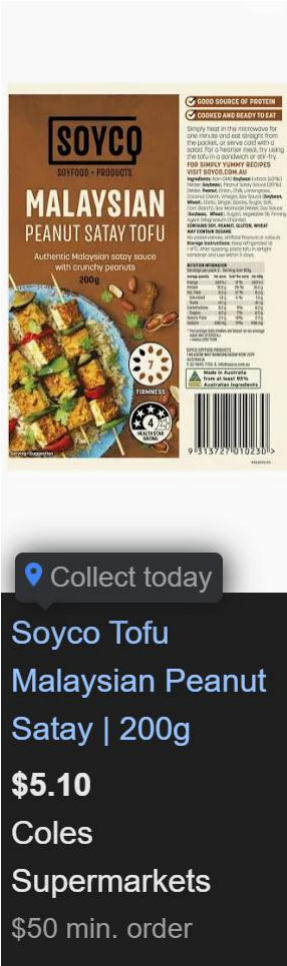
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TREATMENT PLAN FOR : Jade Matthews

Date: 27/10/25

Health Goals	1. Address skin health, hormonal balance, gut health, stress management, and dietary optimisation.
Diet	<ol style="list-style-type: none">1. Keep a food diary for one week to track intake and assist with creating a tailored diet plan.2. Dietary changes: Increase daily protein intake to approximately 130g (1.8-2g/kg body weight). Front-load protein intake at breakfast to support energy and hormones. Take note of your energy levels through the day when you have a protein rich breakfast!3. Meal preparation: Encouraged to prepare high-protein snacks like frittatas or egg muffins.4. Increase green leafy vegetables at dinner.
Lifestyle	- Boundary setting: Recognising the importance of identifying when saying "yes" feels like a "no" in the body to prevent immune system dysregulation linked to autoimmune conditions.
Barriers	- Time, test results.
Referral/Investigations	- Nutripath – EndoMap “The EndoMAP is NutriPATH’s most advanced dried urine test, designed to provide an in-depth assessment of hormonal, metabolic, and environmental influences on hormone health. This all-in-one profile delivers comprehensive insights into the four key hormone pathways—estrogen, androgen, progesterone, and glucocorticoid—offering a complete picture of hormone production and metabolism. With a detailed dynamic steroid hormone cascade chart, the EndoMAP highlights hormone values, and metabolites to help

	<p>practitioners navigate complex cases and guide targeted treatment strategies”.</p> <p>Sample EndoMap report here: https://nutripath.com.au/wp-content/uploads/2015/12/1501-EndoMAP.pdf</p> <ul style="list-style-type: none"> - Co-Biome by Microba - Meta Xplore GI (Microbiome mapping) <p>See emails for ordering.</p>
Prescription	<ul style="list-style-type: none"> - Dietary homework – see above.
Recipes:	<ul style="list-style-type: none"> - Ideas: - Cottage cheese (10g protein per serve approx.) with berries, honey and cinnamon on toast - Egg muffin – add fetta, herbs, veg of choice (wilted greens, capsicum, sundried tomato, olives, asparagus, broccoli), bacon if you like etc. - A scoop of flavoured protein powder on your oats makes them immediately higher protein - Greek yoghurt (10g protein)- top with berries, nuts/seeds/nut butter (more protein) - Greek yog + flavoured protein powder tastes like a dessert pudding - Protein shake plus Greek yog in it can total 40g protein. - Coffee protein shake (Coffee in protein shake!) - Add beans to shakshuka and more eggs to increase protein intake. Dollop cottage cheese on the side. - Cottage cheese as a dip (add salt, pepper, maybe sriracha if you like spice, or lemon juice and herbs, or mix with avocado to make a higher protein dip) - Savory cottage cheese toast with everything bagel seasoning and cherry tomatoes - Cottage cheese protein pancakes (blend cottage cheese into batter) - Cottage cheese mixed into scrambled eggs for extra creaminess

	<p>- Fried flavoured tofu “SoyCo” at coles does firm tofu with flavourings.</p>  <p>The image shows a package of SoyCo Malaysian Peanut Satay Tofu. The package is brown and white with a picture of the tofu skewers. Below the package is a screenshot of a mobile app showing the product details: 'Soyco Tofu Malaysian Peanut Satay 200g', '\$5.10', 'Coles Supermarkets', and '\$50 min. order'.</p>
Other	Return appt Dec 5 th 9am.

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.

