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TREATMENT PLAN FOR : Krystie Harrison Date: 8/11/25

Health Goals	<ol style="list-style-type: none">1. Short-term goal is to calm the upper GI tract (gastritis) and settle the gallbladder.2. Long-term goal is to address underlying methylation issues and resolve SIBO.
Diet	<ul style="list-style-type: none">- Continue with current safe foods
Lifestyle	<ul style="list-style-type: none">- Vagal nerve exercises 5 mins per day – singing, humming, gargling.
Barriers	<ul style="list-style-type: none">- Highly complex presentation
Referral/Investigations	<ul style="list-style-type: none">-
Prescription	<ul style="list-style-type: none">- Please order from vitality ASAP. Slippery elm. Up to 1 tablespoon in water 3 times per day/before meals. Start with a teaspoon and gradually increase.- Prokinetic bitters. Start with 10 drops with water before each meal (3x per day). Work slowly up to 20 drops when ready- Eagle Clinical GI Repair - 1 scoop daily Contains per serve:<ul style="list-style-type: none">- Zinc carnosine (75mg)- L-glutamine (3.75g)- L-threonine (750mg)- Hydrolysed collagen (1.5g)- Vitamin D3 (500 IU)- Vitamin K2 (45mcg)- Hesperidin (125mg)Rationale:<ul style="list-style-type: none">- Zinc carnosine: Directly heals gastric ulceration and inflammation; protects stomach lining

	<ul style="list-style-type: none"> - L-glutamine: Primary fuel for intestinal cells; repairs gut barrier; increases secretory IgA - L-threonine: Precursor for mucin production—rebuilds protective mucus layer - Hydrolysed collagen: Provides amino acids (glycine, proline) for tissue repair - Vitamin D3 & K2: Support mucosal immunity and gut barrier function - Hesperidin: Anti-inflammatory; protects gastric mucosa - Dosing: Start with ½ scoop daily for 7 days, then increase to full scoop. Take between meals or at bedtime. - <p>Biomedica Allimax (Stabilised Allicin) - TRIAL FIRST</p> <p>Rationale:</p> <ul style="list-style-type: none"> - Broad-spectrum antimicrobial effective against e.coli and methane-producing SIBO bacteria - Biofilm disruptor - Supports immune function <p>TRIAL PROTOCOL:</p> <ul style="list-style-type: none"> - Day 1-2: Take 1 capsule with a full meal. Monitor for epigastric burning, reflux, or stomach pain for 24 hours. - If NO burning occurs: Begin 1 capsules three times daily with meals for 7 days. Then if all goes well begin full dose - 2 capsules 3 times daily for remainder of 4 weeks. - If burning occurs: STOP immediately. Continue GI Repair, slippery elm, prokinetic bitters. Reassess antimicrobial tolerance at 4-6 week follow-up. <ul style="list-style-type: none"> - Nervacalm. Start with 1 tablet. Up to 5 per day. Can take up to 3 at one time.
Recipes:	-
Other	Follow up appt the week of Nov 25th.

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.