



NATUROPATHIC PRESCRIPTION

Patient name: Fiona Alamyar
DOB: 06/03/1995 Mobile: 0411413945
Practitioner: Amy Phillips

PRESCRIPTION/DOSAGE

**This prescription is valid for 6 months from date of creation. No repeats are to be dispensed after 6 months without further consultation. **

Product	Morning	Midday	Night	Rationale
<ul style="list-style-type: none">▪ Digestive bitters (leave for now or alternate days with enzymes) OR <ul style="list-style-type: none">▪ Bioceticals MultiGest Enzymes	15 drops in 50-100mls water 5-15 mins before food	15 drops in 50-100mls water 5-15 mins before food	15 drops in 50-100mls water 5-15 mins before food	Improve digestive capacity & nutrient absorption by increasing digestive acid production, bile & pancreatic enzyme release
<ul style="list-style-type: none">▪ <u>Foraged for You – Mothers Blend Wholefoods Powder</u>	1 tsp mixed with Mag Gi powder - shake well in jar (purchase through link)			Thyroid nutrient co-factors for optimal function of thyroid (hormone production & conversion)
<ul style="list-style-type: none">▪ 500ml Thyroid/Adrenal Tonic	5-7.5mls diluted in water. Start at 5 mls, after 1 week if tolerating well increase to 7.5mls		5-7.5mls diluted in water. Start at 5 mls, after 1 week if tolerating well increase to 7.5mls	Stabilise cortisol levels & immune activation, improve adaptation to stress & settle nervous system.
<ul style="list-style-type: none">▪ RN Labs Sublingual Hydroxy-B12 – 120 tabs	1 tablet hold under the tongue for as long a possible before chewing & swallowing			Improve vitamin B12 levels

▪ Orthoplex Mag GI Restore 300g	1 scoop in water with foraged			Nutrient co-factors for nervous system & adrenal health
▪ BioClinic Naturals Opti Activ D - 120 tabs	2 tablets with food for first month then drop to 1 tablet daily.			Highly bioavailable form of vitamin D to increase vitamin D levels to >100. Supporting immune, bone & thyroid health.
▪ Metagenics EPA/DHA (fish oil) Liquid - 200ml (only needed during the weeks where no fish is being consumed)	1 tsp anytime of day mixed in or with food/smoothie			Strong anti-inflammatory support for brain & gut as well as supporting healthy cholesterol levels improving hormone levels & skin health
▪ SpectrumCeuticals SB 500 – 90 tabs			1 x capsule before bed with seed	Improve gut immunity after infection
▪ Seed Probiotics			2 x capsules before bed	Broad spectrum probiotic for intestinal health
<p>Herb/nutrient/drug interactions & contraindications are always considered prior to prescription. It is incredibly important that you notify your practitioner of any changes to your current medication to ensure the prescription is still suitable & safe for you to continue. This prescription is to be consumed by the patient listed above & not to be shared with any friends or family.</p> <p>Please also share your supplementation regime with any other health practitioners or GP's you may be consulting. If you experience any unusual side effects, stop your supplements immediately & email your practitioner (details below).</p>				

Herbal Formulas: *ANY SIZE OK*

***NEW* 500ml Thyroid/Adrenal tonic** – Nigella 125, Withania 150, Rehmannia 125, Siberian ginseng 100.

Dose: 5- 7.5mls diluted in water twice daily. Start at 5 mls, after 1 week if tolerating well increase to 7.5mls. Shake well.

***NEW* 100ml Digestive Bitters** – Ginger 10, Gentian 40, Chamomile 30, Fennel 20

Dose: 10-20 drops diluted in 50-100mls water 5-15 mins before each meal.

PURCHASING YOUR PRODUCTS

Herbal Tonics

If your prescription contains a herbal tonic, your prescription will be sent to Grove Health Dispensary where they will source & dispense all products (including nutraceuticals) on your prescription & post it to you (pick up is also available).

Contact:

Grove Health Dispensary Pymble

Phone: (02) 9491 8009 – leave a message if no one answers

Email: dispensary.pymble@paternerredhealth.com.au

Nutraceuticals Only

Telehealth Patients: If your prescription contains only Nutraceuticals, you will receive an email script from Vital.ly with a link to purchase the products you need. They will then dispense & post all purchased products to you after receiving payment.

PRACTITIONER SIGNATURE

Amy Phillips

BHSc (Nat)

NHAA #157158

Signature: _____



Date: 21/03/22