



ACUTE NATUROPATHIC PRESCRIPTION

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

PRESCRIPTION/DOSAGE

**This prescription is valid for 3 months from date of creation. No repeats are to be dispensed after 6 months without further consultation. **

Product	Morning	Midday	Night	Rationale
■ Herbal Bitters 50ml	20 drops in lemon water	20 drops in water	20 drops	Improve digestive capacity & nutrient absorption by increasing digestive acid production, bile & pancreatic enzyme release
■ Orthoplex MagGi Restore	1 x scoop in water			Nutrient cofactors for gut & stress support
■ BioClinic OptiActive D	1 x tablet		1 x capsule orally & 1 x capsule inserted into the vagina as a suppository before bed	Improve vitamin D levels
■ RN Labs Sublingual Hydroxy B12	1 x tablet			Improve B12 Levels
■ 500ml Thyroid/Adrenal Tonic	5-7.5mls in water		5-7.5mls in water	Stabilise cortisol levels & immune activation, improve adaptation to stress & settle nervous system.

■ Biomedica GI Restore			2 x tsps in water with probiotics	FODMAP friendly fibre for improving stool consistency & formation
■ SEED Probiotics			2 x caps before bed	Maintain microbiome diversity
■ SpectrumCeuticals SB 500			1 x capsule	Improve gut immunity
<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:

500ml Thyroid/Adrenal tonic – Nigella 100, Withania 125, Rehmannia 100, Siberian ginseng 100, St Marys Thistle 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.

100ml Digestive Bitters – Ginger 10, Gentian 20, Chamomile 10, Lavender 10

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

PRACTITIONER SIGNATURE

Amy Phillips

BHSc (Nat)

NHAA #157158

Signature:  _____

Date: 17/06/23