



# 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
■ <b>100ml Digestive bitters</b>	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
■ <b>500ml Adrenal Tonic</b>	7.5mls diluted in water		7.5mls diluted in water before dinner	Stabilise cortisol levels, improve adaptation to stress & regulate nervous system.
■ <b>SpectrumCeuticals SB 500</b>			2 x capsules before bed	Improve gut immunity
■ <b>RN Labs Sublingual Hydroxy-B12</b>	1 tablet under tongue			Improve B12 levels
■ <b>Metagenics CalmX</b>	1.5 scoops in water		1.5 scoops in water	Nutrient co-factors for nervous system & adrenal health

**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.**

**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).**

### **Herbal Formulas: \*ANY SIZE OK\***

**500ml Adrenal tonic** – Licorice 30, Shatavari 60, Rehmannia 50, Siberian ginseng 50, Passionflower 20

Dose: 7.5mls diluted in water twice daily. Shake well.

**100 ml Digestive Bitters** – Ginger 10, Gentian 20, Chamomile 20, Cinnamon 10

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

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## **PURCHASING YOUR PRODUCTS**

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### **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](mailto: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.

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## **PRACTITIONER SIGNATURE**

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Amy Phillips

BHSc (Nat)

NHAA #157158

Signature: \_\_\_\_\_



Date: 21/03/22