



# NATUROPATHIC PRESCRIPTION

Patient name: Akshaya Shekhar  
DOB: 20/12/1985 Mobile: 0414656797  
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>Standard Protocol</b>                    |   |        |                               |   |
| ■ <b>InterClinical Digestive Zyme</b>       | 2 x caps 15 mins before meal  |        | 2 x caps 15 mins before meal  | Digestive enzymes & bitter herbs to fire up digestive secretions to support nutrient absorption |
| ■ <b>Orthoplex Mag Taur XCell</b>           | 1 scoop in water with/after food if possible                                    |        |                               | Nutritional co-factors for stress, hormones & liver detoxification                              |
| ■ <b>BioMedica Bioheme</b>                  | 1 x capsule any time of day. Increase to 2 x capsules/day while on your period. |        |                               | Improve ferritin (iron) storage/levels to reduce dizziness/fainting                             |
| ■ <b>Bioclinic Naturals Opti-Activ D</b>    | 1 x tablet  |        |                               | Improve vitamin D levels to over 100  |
| ■ <b>Designs for Health Cal-D-glucurate</b> |   |        | 2 x scoops in water with GutR | Liver detox pathway for estrogen  |
| ■ <b>Orthoplex GutR</b>                     |   |        | 2 x scoops in water           | Support gut lining integrity & reduce intestinal inflammation                                   |
| ■ <b>SpectrumCueticals SB 500</b>           |   |        | 1 x capsule with GutR         | Probiotic strain to increase SigA & reduce growth of  |

|  |   |                              |   |  |
|--|---|------------------------------|---|--|
|  |   |                              |   | pathogenic bacteria  |
| <b>IF/WHEN NEEDED</b>  |   |                              |   |  |
| ▪ <b>MediHerb Cramplex 60T</b>                                 | 2 x tablets starting 1 week prior to menstrual bleed & during first 3 days of bleed |                              | 2 x tablets starting 1 week prior to menstrual bleed & during first 3 days of bleed | Symptomatic support for menstrual cramps. Reducing need for ponstan. |
| ▪ <b>Designs for Health Liposomal C 175ml</b>                  | 1 tsp   |                              | 1 tsp   | During winter or during illness                                      |
| <b>ANTIMICROBIAL PROTOCOL (start after phone call)</b>         |   |                              |   |  |
| <b>STEP ONE: Lysis (biofilm breakdown)</b>                     |   |                              |   |  |
| ▪ <b>Interclinical Digestive Zyme</b>                          | 1 x capsule before each meal  | 1 x capsule before each meal | 1 x capsule before each meal  | Digestive enzymes to support digestion                               |
| ▪ <b>BioMedica Vege NAC</b>                                    | 1 x capsule   | 1 x capsule                  |   | Nutrient to support biofilm breakdown                                |
| <b>STEP TWO: Antimicrobials (15-60 minutes after step one)</b> |   |                              |   |  |
| ▪ <b>Orthoplex Intesaclear</b>                                 | 3 x caps  |                              |   | Antimicrobials herbs to reduce dysbiotic bacteria                    |
| <b>After one is finished swap to the other one</b>             |   |                              |   |  |
| ▪ <b>RN Labs MicroClear</b>                                    | 3 x caps  |                              |   | Antimicrobial herbs to reduce dysbiotic bacteria                     |
| <b>STEP THREE: Clean up (2-8 hours after lunch)</b>            |   |                              |   |  |
| ▪ <b>Green/Peppermint Tea</b>                                  |   | 1-3 cups                     |   | Detoxing & soothing teas   |
| ▪ <b>Activated Charcoal</b>                                    |   | 1 x tsp in water             |   | Bind toxins & clear out  |
| <b>STEP 4: Soothe &amp; Repopulate (before bed)</b>            |   |                              |   |  |
| ▪ <b>Orthoplex MultiGen Biotic</b>                             |   |                              | 1 x capsule   | Probiotic strains to increase diversity in your microbiome           |
| ▪ <b>Bioglan Medlab Immune5</b>                                |   |                              | 2 x level tsps in water   | Gut immunity support   |
| <b>After one is finished swap to the other one</b>             |   |                              |   |  |
| ▪ <b>Orthoplex GutR</b>  |   |                              | 1.5 x scoops in water   | Support gut lining integrity & reduce intestinal inflammation        |

|   |  |  |             |   |
|---|--|--|-------------|---|
| <ul style="list-style-type: none"> <li>■ <b>Spectrumcueticals Bifido Complex</b></li> </ul>   |  |  | 1 x capsule | Probiotic strains to repopulate your deficiencies |
| <p><b>Herb/nutrient/drug interactions &amp; 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 &amp; safe for you to continue. This prescription is to be consumed by the patient listed above &amp; not to be shared with any friends or family.</b></p> <p><b>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 &amp; email your practitioner (details below).</b></p> |  |  |             |   |

## Herbal Formulas:

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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@partneredhealth.com.au](mailto:dispensary.pymble@partneredhealth.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.

In Person Patients: If your prescription contains only Nutraceuticals, your prescription will be sent to our other third-party dispensary at Synergy Compounding Pharmacy where they will source & dispense all purchased products to you. Pick up in Crows Nest, NSW.

To confirm order/make payment please contact:

Mike at Synergy Compounding Pharmacy

Phone: (02) 9061 3944

Email: [info@synergycp.com.au](mailto:info@synergycp.com.au)

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## PRACTITIONER SIGNATURE

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Amy Phillips

BHSc (Nat)

NHAA #157158

Signature: 

Date: 16/06/23