



# NATUROPATHIC PRESCRIPTION

Patient name: Allison Stanton  
DOB: 29/07/1971 Mobile: 0419464476  
Practitioner: Amy Makejev

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## OBJECTIVES

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Improve body composition (reduce cellulite) – Dec 23<sup>rd</sup> (2 weeks) – 5.4kg loss overall

Increase energy levels & vitality

Support hormonal recalibration & minimise symptoms moving into menopause

Investigate thyroid health & potential coeliac disease (low platelets Feb 23')

Support low-tox journey to minimise toxic load on liver & hormone disruptions.

Rebalance metabolism & reduce inflammation through MB plan

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## DIETARY INTERVENTIONS

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- MB plan – Phase 2
  - Add oils – olive oil (cold) & ghee (hot), 3 tbsp of flaxseed oil a day
  - Add exercise – strength training (2-3 times a week)
  - Can swap dinner & lunch around – add 10g to vegetables & meat portions if moving lunch to dinner & -10g if moving dinner to lunch
  - Increase variety at breakfast aiming to get all options eaten within the week
- Increase water intake to 2L everyday – herbal teas, infused water are included but not coffee
- No coffee after 12pm or at night (including decaf)

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## LIFESTYLE INTERVENTIONS

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- Daily relaxation/self-exploration needed (box breathing, progressive muscle relaxation, journaling, meditation apps handout attached)
- Deepen low-tox journey – healthy swapping to natural alternatives for household cleaning & personal care (see other email). These starter kits with young living are brilliant & so convenient

## INVESTIGATIONS & REFERRALS

### LEARN MORE (RESOURCES & LINKS)

- Gluten free handout
- Meditation apps handout

### NEXT STEPS/CHECK-IN

- 9<sup>th</sup> Jan 10.30am

### 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	Afternoon	Night	Rationale
■ <b>RN Labs Mixed Mag Forte</b>	3 scoops in water		3 scoops in water	Nutrients to calm nervous system, improve stress response & liver clearance
■ <b>BioClinic Naturals Somni Support</b>			2 capsules 30 minutes before bed (9pm)	Relieve nervous tension and sleeplessness
■ <b>BioClinics OptiActiv D</b>			1 x tablet every 2 days	Increase vitamin D levels to over 100 (77 Nov 23)
■ <b>Herbal Tonic 200ml</b>		5ml in water around 4pm	5ml in water 30 mins before bed - 9pm	Herbs to support stress resilience, & reduce menopausal hot flushes
<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:** 200ml

Herbs: Sage 40, Motherwort 40, Wild yam 40, Ziziphus 60, Rosemary 30

Dose: 7.5mls diluted in water at night 60 mins before bed. Take an additional 2.5mls upon waking for the first time during the night.

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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](https://vital.ly) with a link to purchase the products you need. They will then dispense & post all purchased products to you.

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## **PRACTITIONER SIGNATURE**

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Amy Makejev

BHSc (Nat)

NHAA #157158

Signature:



Date: 23/12/2023