



NATUROPATHIC PRESCRIPTION

Patient name: Emilie Richard
DOB: 27/02/1992 Mobile: 0421870772
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	Evening	Before bed	Rationale
STANDARD PROTOCOL					
▪ Eagle Tresos Natal 60T (swap to this after you finish current pre-natal)	1 x tablet				Support low iodine & B12 levels & pre-conception/pregnancy
▪ Metagenics CalmX 241g	1.5 x level scoops with food			1.5 x level scoops with food	Nutrient co-factors for neurotransmitter synthesis & stress reduction STOP DURING PREGNANCY
▪ Designs for Health NAC Powder	1 x level scoop mixed with CalmX			1 x level scoop mixed with CalmX	Nutrient co-factor for major antioxidant production supporting fertility & minimising ADHD tendencies STOP for first trimester of pregnancy
▪ Orthoplex Anxioton 60T	Start with 1 x capsule - if no improvements seen to anxiety/stress levels after 1 week increase to 2 x capsules			Start with 1 x capsule – if no improvements seen to anxiety/stress levels after 1 week increase to 2 x capsules	Herbal support to relieve anxiety & stress. Supports production of GABA (calming neurotransmitter) STOP DURING PREGNANCY

ANTI-PARASITIC PROTOCOL (6-12 weeks – not to be followed if trying to conceive or pregnant)					
▪ BioCeuticals BioFilm Clear	1 x capsule	1 x capsule			Enzymes to breakdown protective biofilm layer of parasite
▪ Designs for Health NAC	1 x scoop in water	1 x scoop in water			Support to breakdown protective biofilm layer of parasite
▪ Herbal Tonic (1st rotation) OR ▪ Orthoplex Intestaclear (2nd rotation)	5-7.5mls diluted in water 2 x capsules	5-7.5mls diluted in water 2 x capsules			Anti-parasitic, microbial & fungal herbs to assist in eradicating opportunistic microbes in intestines
▪ <u>Fossil Shell Powder</u> (Grove Health Pymble or Health Food Shop)			1 tbsp. in water or green tea with 1 tsp activated charcoal if die off symptoms are severe		Bind toxins within the gut to excrete efficiently from the body
▪ SpectrumCeuticals SB500				2 x capsules	Improve secretory IgA levels & inhibit growth of pathogenic bacteria/parasites
▪ SpectrumCeuticals BifidoComplex				1 x capsule	Specific probiotic strains of low diversity in your microbiome
GUT RESTORATION PROTOCOL (after anti-parasitic protocol - 4 weeks)					
▪ Designs for Health GI Revive			1 x heaped tsp. in water		Anti-inflammatory, healing nutrients & herbs
▪ Advanced Synbiotic Powder			Start with ½ scoop and increase by ½ scoop every 5 days until full dose of 2 scoops/daily is reached.		Broad spectrum probiotic for restoring beneficial bacteria
▪ SpectrumCeuticals SB 500				1 x capsule	Improve secretory IgA levels & inhibit growth of pathogenic bacteria/parasites

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 TONIC:

Size: 200ml

Formula: Nigella 80, Qing Hao 50, Garlic 50, Cinnamon 20, Ginger 10

Dose: 5-7.5mls diluted in water at step 2 with breakfast & lunch

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@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

PRACTITIONER SIGNATURE

Amy Phillips

BHSc (Nat)

NHAA #157158

Signature: _____.

Date: 12/08/22