



# NATUROPATHIC PRESCRIPTION

Patient details: Ella Nielson Ph: 0432 674 383 DOB: 21/10/1988

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	Before Bed	Rationale
<b>STANDARD PROTOCOL</b>					
■ <b>500ml Herbal Tonic</b>	7.5mls-10mls diluted in water		7.5mls-10mls diluted in water		Stress/Immune/Thyroid support
■ <b>Orthoplex MagTaur Xcell</b>	1 x scoop in water (away from tea or coffee) with gut RX				Vitamin/mineral co-factors for stress, electrolyte balance & nervous system support
■ <b>Orthoplex Gut RX</b>	1 x scoop in water with mag taur until finished				Intestinal health/healing mucosal lining & reducing inflammation
■ <b>Foraged for you Powder</b>		2 x tsps in 150ml water & <b>shake</b> well in jar or mix in smoothie or yoghurt (away from tea or coffee)			Thyroid nutrients, wholefood nutrient dense powder to improve iron & ferritin levels
■ <b>Orthoplex Clinical Lipids 2:1</b>			2 x capsules with food		Anti-inflammatory support (reducing calprotectin)
■ <b>Orthoplex Resveratrol</b>			1 x capsule daily until finished		Anti-oxidant support (reduce oxidative stress on intestinal cells)
<b>ANTIMICROBIAL PROTOCOL (END AUGUST)</b>					
■ <b>Enzyme Defence Pro</b>	1 x capsule upon	1 x capsule upon			Enzymes to breakdown

	waking/before food	waking/before food			microbial/parasitic cell wall (biofilm)
<ul style="list-style-type: none"> <li>▪ <b>Eagle Pathoclear (month 1)</b></li> <li>OR</li> <li>▪ <b>Bioceticals SIBOGuard (month 2)</b></li> </ul>	2 x capsules 15-60minutes after step 1	2 x capsules 15-60minutes after step 1			Anti-microbial herbal blends to reduce dysbiotic/opportunistic bacteria & parasites
▪ <b>Heal your Gut Fossil Shell Powder</b>			1 tbsp. in green/peppermint tea		Bind toxins & help clear gut of any dead cells/bacteria
▪ <b>Designs for Health ProbioMed</b>				1 x capsule	Probiotic blend for replenishing low beneficial bacteria levels
▪ <b>Bioceticals SB Floractiv 500</b>				1 x capsule	Single strain probiotic to reduce adherence of opportunistic bacteria & increase SIgA levels
<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 FORMULA

### **\*\*500ml Herbal tonic \*\***

Rehmannia 100, Bacopa 75, Withania 125, Siberian Ginseng 125, Nigella (G) 75.

**Dose:** 7.5mls diluted in water twice daily increase to 10mls twice daily if well-tolerated or during more stressful times. **Shake bottle well.**

## 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:

The 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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### **SIGNATURE**

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Amy Phillips

BHSc (Nat)

NHAA provider #157158

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



Date: 24/07/22