



# ACUTE NATUROPATHIC PRESCRIPTION

Patient name: Gabriel Canon  
DOB: 21/08/22 Mobile: 0478811932  
Practitioner: Amy Phillips

## OBJECTIVES

- Soothe mucous membranes
- Support breakdown of mucous
- Alleviate/reduce cough to stop vomiting
- Provide immune support to build back up
- Repopulate the microbiome with beneficial bacteria to support immune & gut health

## DIET

- Less dairy while sick (mucous producing) - experiment with goat's milk formula – Little Oak Company are great.  
Check their stockist here: <https://thelittleoakcompany.com.au/>
- Continue providing nutrient dense foods – liver, eggs, broth etc

## 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>Metagenics MetaZinc with C</b>	1/8 tsp in water or milk			Immune support
■ <b>SpectrumCueticals ProInfant 6</b>			2 scoops in milk	Probiotics to support & replenish healthy microbiome/gut health
■ <b>Herbal Tonic</b>	1 mls into cheek or milk (drop this dose when cough has gone)		1 ml in cheek or milk (continue until bottle is finished)	Herbs to support mucous breakdown, immunity, reduce

				inflammation of mucous membranes & improve appetite
<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:

50ml

Chamomile 5, Fennel 5, Elderberry 15, Marshmallow 15, Echinacea 10

Dose: 1 ml (full dropper) twice daily into cheek or milk. Drop to once daily at night once cough has stopped.

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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 Phillips

BHSc (Nat)

NHAA #157158

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



Date: 24/10/23

AIM Natural Healthcare

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[aim.naturalhealthcare@gmail.com](mailto:aim.naturalhealthcare@gmail.com)