



THE NATUROPATHIC STUDIO

Naturopathy Prescription

Date:	04/04/2024
Patient Name:	Gracie Burrows
Patient Email:	gracie.burrows1@gmail.com

Herbal and Nutraceutical Recommendations	Justification
<p>You will be sent an email asking you to sign up for either Vitally or Natural Scripts. Once you receive your email create an account following the prompts on the email. Your prescribed products will be ready for payment and postage to your door using these accounts.</p>	
<p><u>Femme Essentials Multivitamin and Mineral.</u> 1 x daily with food.</p>	<p>Supports nutrient depletion from long-term oral contraceptive use. Supports mood and neurotransmitter balance.</p>
<p><u>Meta Zinc Vitamin C</u> ½ tsp daily.</p>	<p>Supports skin integrity and health, as well as supporting immune system function and neurotransmitter balance. Balanced neurotransmitters support energy production and mood response.</p>
<p><u>Magnesium Oil Ultra</u> 6 sprays daily.</p> <p><i>Please note you could swap this product out and do a magnesium foot bath each night or once a week. To make a foot bath simply</i></p>	<p>Magnesium is an essential mineral in over 300 biochemical reactions in our body. Essential for coming off the pill as it is depleted and will help with muscle relaxation, sleep and nervous system regulation.</p>



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dissolve 1 cup of Epsom salts into a foot spa soak for 20 minutes.	
Dietary Recommendations & Justification.	Additional Support
<u>Increase intake of magnesium-rich foods.</u>	Key dietary sources of magnesium include: <ul style="list-style-type: none">- Green leafy veggies- Fruit (figs, avocado, banana, raspberries)- Nuts & seeds- Legumes- Other vegetables (peas, broccoli, cabbage, green beans, artichoke, asparagus, brussel sprouts)- Seafood
<u>Consider swapping crackers for cucumber or carrots.</u> <u>Swap out shape biscuits for nuts and seeds.</u>	<ul style="list-style-type: none">- Reduces gluten intake- Increases fibre intake- Happy for nuts to be lightly salted if needed during the transition.
<u>Increase fibre intake</u> <i>We want to aim for about 50g of fibre per day.</i> <i>If your interested in tracking your food, please use the Easy Diet Diary app as I can extract the data and look at your intake of proteins fats carbs vitamins ect and make more specific food swap recommendations.</i>	<ul style="list-style-type: none">- Good sources of fibre include psyllium husk (1tsp in water daily) <i>Psyllium husk in particular binds to synthetic hormones and clears them out of our body.</i>- Nuts and seeds- Fruit and veg.
<u>Lemon water every morning</u> <i>I would love for you to have it before</i>	Increases hydrochloric acid which is required to break down and assimilate nutrients from food we



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<i>each meal :) but I'm happy with once a day and build up.</i>	eat. If our digestive juices are under-functioning, it doesn't matter how well we eat, our body will still have a hard time breaking down foods.
<u>Try and Macrobalance your place.</u> <i>Balance of fats proteins and carbs at each main meal (start with balancing your dinner this will also reduce those late-night sugar cravings). I'll pop in a handout at the end of this for you. To show you how to balance your place and some examples of convenience meals.</i>	<ul style="list-style-type: none">- Protein is essential for muscle functioning and tissue repair.- Regulates blood glucose levels- Makes you feel fuller for longer.

Lifestyle Recommendations & Justification	Additional Support.
<u>Focus on nervous system regulation.</u> <i>Use the holidays to slow down and support your nervous system by doing things you love and enjoy (even if you don't feel like doing it, it will help restore energy and vitality).</i> <i>Regulating your nervous system will assist in supporting your digestion (the gut-brain connection I mentioned in our app). As well as gives you stabilised energy so you do not crash throughout the day.</i>	Great ways to calm our nervous system include: <ul style="list-style-type: none">- going for a walk on the beach,- listening to music, dancing, singing,- any activity that brings you joy.- Meditation at night (download the Insight timer app for free meditations)- Alternate nostril breathing. You can read about the benefits and how to do it here https://chopra.com/articles/nadi-shodhana-how-to-practice-alternate-nostril-breathing- Legs up the wall pose, literally lay down on your back with



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	<p>your legs up the wall for 5-10 mins (longer is fine but this is a minimum to get the benefit)</p> <p>-</p>
<p><u>Start Tracking your period</u></p> <p><i>So we can begin to understand mood, digestive and menstrual symptoms. Also gives us the data to practice safe sex.</i></p>	<p>- Track your menstrual cycle using handout provided. Alternative digital options include Flo, Clue, FMC (Free Menstrual Tracker), or the health app on Apple.</p>
<p><u>Support your detoxification pathways.</u></p> <p>Supports the clearance of synthetic hormones and other toxins we may be ingesting. Promotes skin clarity. Reduces fatigue. Reduces inflammation</p>	<ul style="list-style-type: none">- Saunas- Movement (would love for you to try to get back to the gym 2-3 times a week, but just gently don't thrash yourself I feel you may crash harder if you do that).- Drinking lots of good quality water.- Sweating.- Deep breathing.
<p><u>Consider going to a GP for a mental healthcare plan.</u></p> <p><i>I know you feel okay most of the time but you mentioned you suspected neurodiversity, having something like that looked at may help you find tools specific to your needs that help you get through the day increase memory etc.</i></p>	<p>- In addition to that, coming off the pill brings a range of new emotions and hormones and it's almost like having to re-learn how your body and mood works each month. So it may be good to have it there if you need it.</p>
<p><u>Further Testing</u></p>	<p>Please send me any recent testing you have. I don't see the need for further testing now, but in future, a complete microbiome mapping may be beneficial in taking the steps to heal your gut and nervous</p>



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Prescribing Practitioner:

Bonny Doyle

Adverse Reaction and Safety Information

- Take products only as directed.
- If you encounter any reactions such as feeling nauseous, headache, dizziness or the like STOP taking your prescribed product and call The Naturopathic Studio on 0430538603.
- In the case of an emergency please contact your GP or emergency services.
- A practitioner will be in contact with you as soon as possible to discuss the situation with you.
- Please keep all medication out of reach of children.