

Renee Eldred – Naturopath

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ABN: 90603348261

PRESCRIPTION/TREATMENT PLAN

DATE: 21/03/2022

CLIENT DETAILS:

Name: Leanne Carter

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Address: 34/46 Clover Hill Drive, Mudgeeraba, QLD, 4213

PRESCRIPTION VALID PERIOD:

This prescription contains Practitioner Only supplements that can only be purchased with a valid prescription. As part of your treatment plan, this prescription is **valid for 2 weeks** whilst under the supervision of Renee Eldred Naturopath. After this time your prescription will be reviewed.

Your supplement needs are likely to change over the course of your treatment based on your progress.

Outside of the above timeframe, this prescription will expire after 3 months of the issue date.

If your prescription expires, you must book an appointment with Renee for an updated prescription.

TREATMENT PLAN GOALS/STEPS:

1. Reduce constipation (improve function and frequency), support gastrointestinal motility, improve gut integrity. (Improvement of elimination pathways)
2. Reduce symptoms of bloating, pain, and begin to heal the gastrointestinal tract, whilst support optimal microbiome.
3. Assess current diet and symptoms associated.
4. Assess hormonal profile through tracking of cycle and symptoms.
5. Assess barriers and underlying factors hindering weight-loss.

SUPPLEMENT PRESCRIPTION:

SUPPLEMENT	BREAKFAST			LUNCH			DINNER			BEDTIME
	BEFORE	DURING	AFTER	BEFORE	DURING	AFTER	BEFORE	DURING	AFTER	
ULTRA FLORA GI REGULATE We will slowly increase this dose, but for the first week stay on 1 tsp a day. (Supports gastrointestinal motility, barrier integrity, reduces symptoms, improves bowel function and frequency)									1 tsp	
LAXATONE Start with 2 caps at night. If you find that this is too strong and your bowel motions are too soft, reduce to 1 cap at night. If after 4 days you have not had any improvement from constipation, take 2 caps in the morning as well as 2 caps at night. (Relief of constipation, regulate bowel movements)										2 caps

IMPORTANT:

-Due to health regulation, any supplements purchased are non-refundable.

-In the unlikely event any adverse reactions occur, please consult with your practitioner.

-Treatment results vary depending on the individual and their presenting complaint as well as their ability to follow the treatment plan. Some individuals obtain quick results whilst others can take several months or longer. As a general rule, the longer you have been experiencing your complaint, the longer you will require treatment. It is important to remember that the healing process takes time. We are not trying to simply alleviate your symptoms; our aim is to support you to achieve a greater level of health and treat the cause.

-It is important that you provided all relevant information about your health and medical history. Any changes to your health, supplements and medications needs to be communicated to your practitioner.