



# NATUROPATHIC PRESCRIPTION

Patient name: Fiona Alamyar  
DOB: 06/03/1995 Mobile: 0411413945  
Practitioner: Amy Phillips

## PRESCRIPTION/DOSAGE

\*\*This prescription is valid for 3 months from date of creation. No repeats are to be dispensed after 6 months without further consultation. \*\*

Product	Morning	Midday	Night	Rationale
▪ <b>Herbal Bitters 50ml</b>	20 drops in lemon water	20 drops in water before food	20 drops in water before food	Improve digestive capacity & nutrient absorption by increasing digestive acid production, bile & pancreatic enzyme release
▪ <b>200ml Thyroid/Adrenal Tonic</b>	5mls in water		5mls in water	Stabilise cortisol levels & immune activation, improve adaptation to stress & settle nervous system.
▪ <b>Orthoplex MagGI Restore</b>	1 x scoop in water			Nutrient cofactors for gut & stress support
▪ <b>SpectrumCueticals Zinc P5P</b>	1 x cap a day with food AM or PM			Improve zinc levels for healthy hormone & immune function
▪ <b>BioClinic OptiActive D</b>	1 x tablet twice a week			Improve vitamin D levels
▪ <b>RN Labs Sublingual Hydroxy B12</b>	1 x tablet twice a week			Improve B12 Levels
▪ <b>Orthoplex Gut SynBiotic</b>			2 x tsps in water with probiotics	FODMAP friendly fibre for improving stool

				consistency & formation
■ <b>BioClinics IBS Relief</b>			2 x caps before bed increase to 3 after a week if well tolerated	Maintain microbiome diversity
<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:

**200ml Thyroid/Adrenal tonic** – Nigella 30, Withania 60, Rehmannia 30, Siberian ginseng 40, **Schisandra** 40, **Poke root** 10.

**Dose:** 5- 7.5mls diluted in water twice daily. Start at 5 mls, after 1 week if tolerating well increase to 7.5mls. Shake well.

**100ml Digestive Bitters** – Ginger 10, Gentian 20, Chamomile 10, Lavender 10

**Dose:** 10-20 drops diluted in 50-100mls water 5-15 mins before each meal.

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### PRACTITIONER SIGNATURE

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Amy Phillips

BHSc (Nat)

NHAA #157158

Signature:



Date: 6/02/23