



# NATUROPATHIC PRESCRIPTION

Patient name: Fiona Alamyar  
DOB: 06/03/1995

Practitioner: Amy Makejev  
Date: 09/05/24

## PRESCRIPTION/DOSAGE

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

Product	Morning	Midday	Night
<ul style="list-style-type: none"><li>▪ <b>Metagenics CalmX</b></li></ul> <p>Nutrient cofactors for adrenal &amp; stress support</p>	2 x scoop in water		
<ul style="list-style-type: none"><li>▪ <b>Eagle Clinical Vegie DigestAid</b></li></ul> <p><i>Pancreatic enzymes &amp; digestive herbs to improve digestive capacity &amp; support nutrient absorption</i></p>	1 x capsule 2-20 mins before meals	1 x capsule 2-20 mins before meals	1 x capsule 2-20 mins before meals
<ul style="list-style-type: none"><li>▪ <b>Orthoplex Gut SynBiotic</b></li></ul> <p><i>FODMAP friendly fibre for improving stool consistency &amp; formation</i></p>			2 x tsps in water with probiotics
<ul style="list-style-type: none"><li>▪ <b>Designs for Health Whole Body Collagen</b></li></ul> <p><i>For protein intake &amp; hair, skin &amp; nail health.</i></p>	2 x scoops in breakfast or any drink (hot chocolate, smoothie etc)		
<ul style="list-style-type: none"><li>▪ <b>BioClinics Daily Balance Probiotic</b></li></ul> <p><i>Maintain microbiome diversity &amp; gastrointestinal health</i></p>			2 x caps before bed

**Herb/nutrient/drug interactions & 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 & safe for you to continue. This prescription is to be consumed by the patient listed above & not to be shared with any friends or family.**

**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 & email your practitioner (details below).**

**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.

---

**PRACTITIONER SIGNATURE**

---

Amy Phillips

BHSc (Nat)

NHAA #157158

Signature:



Date: 09/05/24