

Naturopath: Liara Tutina (ANTA 29748)
The Sage Sanctuary
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M: 0404 403 177

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Hello Pan,

Thank you for attending your appointment today.

Please find below your prescription and treatment plan that we discussed.

Product recommendations:

1) **Herbal tonic** to support your digestive and liver health, as follows:

- *Gentiana lutea* (MH 1:2; 5-15) - 10 ml
 - *Zingiber officinale* (MH 1:2; 5-15) - 5 ml
 - *St Mary's Thistle* (PPC 2:1; 30-60) - 30 ml
 - *Nigella sativa* (OpRx; 1:2; 30-90) - 30 ml
 - *Schisandra chinensis* (MH; 1:2; 25-60) - 25 ml
 - *Hericium erinaceus* (MH; 1:2; 5-15) - 5 ml
- TOTAL = 105 ml

Take **2.5 ml before meals** 3 times a day in the morning, lunch and evening time.
Take 15 minutes before food, diluted in small amount of water.

3) **Orthoplex white "MagTaur Xcell"**

Take 1 scoop mixed in water, once a day in the morning, consume with food.

4) Please continue to using your Vitamin D supplements.

Dietary recommendations:

- 1) Please keep a diet diary for 7 days and note any digestive symptoms you may experience.
- 2) To support digestion and liver health, please include the following in your diet:
 - Dandelion tea – beneficial for digestive and liver function
 - Bitter foods – consuming bitter foods helps to support digestive function, i.e. bitter melon, rocket salad, kale, bitter chocolate, green tea and other.
 - Turmeric – continue to use turmeric in your diet

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 product immediately and call The Sage Sanctuary on 0404 403 177
- In the case of an emergency please contact your GP or emergency service
- Your naturopath will call you back as soon as possible to discuss the situation with you
- Please keep all medication out of reach of children.