



NATUROPATHIC PRESCRIPTION

Patient name: Sophie Guenanain
DOB: 21/10/23 Mobile: 0420 382 972
Practitioner: Amy Phillips

PRESCRIPTION/DOSAGE

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

Product	Morning	Midday	Night	Rationale
STANDARD PROTOCOL				
▪ Orthoplex Mag Taur Xcell	1 scoop in water	1 scoop in water		Energy, stress support & liver detoxification
▪ Herbal Tonic Prokinetic drops	10 drops on to the tongue before meals	10 drops on to the tongue before meals	10 drops on to the tongue before meals	Ginger & gentian drops to improve intestinal motility
▪ RN Labs 5HTP	2 x scoops in water			Precursor to Serotonin to improve mood & gut motility (peristalsis)
▪ BioClinic OptiActiv D			1 x tab	Improve vitamin D status to over 100
▪ Orthoplex Anxioton		1 x tab	2 x tab (Start with this if no improvement take another tablet at lunch)	Reduce stress/anxiety & increase parasympathetic nervous system regulation. Support sleep onset & maintenance
SIBO ANTIMICROBIAL PROTOCOL – 6 weeks (roughly)				
STEP 1: 15 mins before food - Lysis – breakdown biofilm & support digestion before breakfast				
▪ Orthoplex Hydrozyme 120T	1 x tab	1 x tab	1 x tab before dinner	Digestive enzymes for improved digestion
▪ Designs for Health NAC	1 x scoop	1 x scoop		Liver antioxidant support & biofilm reduction

STEP 2: 15- 60 minutes after step 1 - Anti-microbials on rotation at breakfast & lunch				
<ul style="list-style-type: none"> Antimicrobial Herbal Tonic (methane & hydrogen producers) 	2.5mls diluted in water twice daily increase by 2.5mls every 3 days until a dose of 7.5mls twice daily is reached.	2.5mls diluted in water twice daily increase by 2.5mls every 3 days until a dose of 7.5mls twice daily is reached.		Increase your dose slowly as directed below. Stay on each dose for a minimum 3 days before increasing. Only increase if die-off symptoms are minimal/manageable & not severe.
STEP 3: 2 – 6 hours after step 2 (lunch dose) - Clean up — keep your water intake high				
<ul style="list-style-type: none"> Foxicum Toxaprevent Medi Pure 			2-4 capsules	Minimise die off symptoms
<ul style="list-style-type: none"> Activated charcoal 			1 tsp in water (if needed)	Minimise die off symptoms
<ul style="list-style-type: none"> Herbal teas 			1-3 cups Green teas, ginger, chamomile or peppermint	To support digestion
STEP 4: Repopulate & soothe – before bed				
<ul style="list-style-type: none"> SpectrumCueticals Bifidocomplex 			1 x cap before bed	Increasing bifidobacterial strains in the gut
ALTERNATE WHEN FINISHED WITH: <ul style="list-style-type: none"> SpectrumCueticals Pro 4-50 			1 x cap before bed	Increasing beneficial bacteria
<ul style="list-style-type: none"> Orthoplex GIT Immunobiotic 			2 x level teaspoons in water before bed (start with 1 tsp & build up)	Gut mucosa support & fibre
<p>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.</p> <p>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).</p>				

Herbal Formulas:

Prokinetic Formula

100ml

Ginger 30, Gentian 20

Dose: 10 drops on tongue 3 x daily before meals

200ml

TONIC ONE: Barberry 40, Oregon grape 40, Coptis 50, Green tea 30, Pau d'arco 40, Ginger 10

TONIC TWO: Horopito 40, Isatis 60, Baical skullcap 60, Garlic 20, Clove 20

Dose: Start with 2.5mls diluted in water twice daily increase by 2.5mls every 3 days until a dose of 7.5mls twice daily is reached.

PURCHASING YOUR PRODUCTS

Herbal Tonics

If your prescription contains a herbal tonic, your prescription will be sent to Grove Health Dispensary where they will source & dispense all products (including nutraceuticals) on your prescription & post it to you (pick up is also available).

Contact:

Grove Health Dispensary Pymble

Phone: (02) 9491 8009 – leave a message if no one answers

Email: dispensary.pymble@partneredhealth.com.au

Nutraceuticals Only

Telehealth Patients: If your prescription contains only Nutraceuticals, you will receive an email script from [Vital.ly](https://vital.ly) with a link to purchase the products you need. They will then dispense & post all purchased products to you.

In Person Patients: If your prescription contains only Nutraceuticals, your prescription will be sent to our other third-party dispensary at Synergy Compounding Pharmacy where they will source & dispense all purchased products to you. Pick up in Crows Nest, NSW.

To confirm order/make payment please contact:

Mike at Synergy Compounding Pharmacy

Phone: (02) 9061 3944

Email: info@synergycp.com.au

PRACTITIONER SIGNATURE

Amy Phillips

BHSc (Nat)

NHAA #157158

Signature: 

Date: 20/09/23