



# 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
<b>STANDARD PROTOCOL</b>				
▪ <b>Orthoplex Mag Taur Xcell</b>	1 scoop in water	1 scoop in water		Energy, stress support & liver detoxification
▪ <b>BioClinic OptiActiv D</b>			1 x tab	Improve vitamin D status to over 100
▪ <b>Orthoplex Anxioton</b>		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
<b>SIBO ANTIMICROBIAL PROTOCOL – 6 weeks (roughly)</b>				
<b>STEP 1:</b> 15 mins before food - <b>Lysis</b> – breakdown biofilm & support digestion before breakfast				
▪ <b>Orthoplex Hydrozyme 120T</b>	1 x tab	1 x tab	1 x tab before dinner	Digestive enzymes for improved digestion
▪ <b>Designs for Health NAC</b>	1 x scoop	1 x scoop		Liver antioxidant support & biofilm reduction
<b>STEP 2:</b> 15- 60 minutes after step 1 - <b>Anti-microbials</b> on rotation at breakfast & lunch				
▪ <b>Antimicrobial Herbal Tonic (methane &amp; hydrogen producers)</b>	2.5mls diluted in water twice daily increase by 2.5mls every 3 days until a dose of 7.5mls twice	2.5mls diluted in water twice daily increase by 2.5mls every 3 days until a dose of 7.5mls twice		Increase your dose slowly as directed below. Stay on each dose for a minimum 3 days before

	daily is reached.	daily is reached.		increasing. Only increase if die-off symptoms are minimal/manageable & not severe.
<b>STEP 3:</b> 2 – 6 hours after step 2 (lunch dose) - <b>Clean up</b> — keep your water intake high				
▪ Foxicum Toxaprevent Medi Pure			2-4 capsules	Minimise die off symptoms
▪ Activated charcoal			1 tsp in water (if needed)	Minimise die off symptoms
▪ Herbal teas			1-3 cups Green teas, ginger, chamomile or peppermint	To support digestion
<b>STEP 4: Repopulate &amp; soothe</b> – before bed				
▪ <b>SpectrumCueticals Bifidocomplex</b>			1 x cap before bed	Increasing bifidobacterial strains in the gut
<b>ALTERNATE WHEN FINISHED WITH:</b> ▪ <b>SpectrumCueticals Pro 4-50</b>			1 x cap before bed	Increasing beneficial bacteria
▪ <b>Orthoplex GIT Immunobiotic</b>			2 x level teaspoons in water before bed (start with 1 tsp & build up)	Gut mucosa support & fibre
<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

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](mailto: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](mailto:info@synergycp.com.au)

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## PRACTITIONER SIGNATURE

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Amy Phillips

BHSc (Nat)

NHAA #157158

Signature: \_\_\_\_\_



Date: 20/09/23