



## Karina Jones Treatment Plan

This treatment plan is for the 2 weeks of Dec 15<sup>th</sup> – 30<sup>th</sup>. Your next appointment has been booked for 10am on the 30<sup>th</sup>.

### Treatment Goals:

1. **Support weight loss of 0.5kg per week until you feel comfortable within yourself. Ultimately fitting into a size 12. Through further investigations and diet/lifestyle support.**
2. **Support stress response to reduce feelings of stress and anxiety through magnesium supplementation and diet alterations.**

### Diet

- **Be mindful of the interactions between the absorption of your medication and certain foods.** These foods decrease the absorption, therefore the effects of your medications. Keep consumption of these food away from medication by 2-4hrs. This food can still be consumed just after the medication have been absorbed.
  - o Dairy- milks, cheese, yoghurt,
  - o High calcium foods- fortified milks 300mg+ of calcium per serve (1 cup), bone broths, fortified breakfast cereals, 1 cup leafy green veg, ½ cup oats.Depending on the time of day that you take you meds I have provide the main foods to be mindful of.
- **Continue eating the amazing meals created by your boyfriend.** They are nutritious and will be helping your body stay healthy on the inside.
- **Thyroid supporting foods** (in case this is a possible contributor). See next page. Keep these foods in mind when preparing meals. See how you go with incorporating these into your diet. If you need ideas, please email me.

### Lifestyle

- **Continue exercising.** Continue with dance classes and if possible, go back to a few gym sessions per week. Exercise helps with mental health, reducing stress/anxiety levels, as well as will help create a routine. Once we have supported the body and worked out any internal imbalances that may be contributing, the exercise is important for weight loss, even though it's not been in the past.
- **Prioritise things that make you feel calm and happy.** Find your form of meditation. Some examples: dance class, reading, bath, breath work, walks in nature, listening to music. Try give yourself at least 30 minutes per weeks just to yourself. Use this to reduce stress levels.

**Supplements-** Are not a long-term thing. They are there to rebalance the body in times of need.

- **Calm X Metagenics-** I would suggest a stress supporting supplement that can replace the nutrients lost, specifically magnesium, during times of stress (semester) or in everyday life. This comes in two flavours tropical and raspberry. 482g cost \$70 and will last you over 30 days. Dose = *2 level scoops (12.7 g) once daily in 200 mL water after food.*
- **CoQ10-** Your migraine medication reduces this nutrient, by supplementing it reduces the side effects from your medication (we will discuss at next appointment if you don't know them). While you are taking this medication, supplementing this at a low does may be beneficial long term.



**Thyroid supporting foods:** These food are high in Selenium, zinc, phenylalanine/tyrosine

- 2-3 Brazil nuts per day
- Pork 90g serve/Chicken 100g serve
- Legumes- beans 1 cup serve, Tofu/Tempeh 100g serve
- Couscous/Quinoa/oats- ½-1 cup serves
- Peanuts/Almonds/Cashews ¼ cup or 30g serve or nut butters 1Tbsp serve
- Iodised salt- use instead of table salt, can be bought a woollies and Coles.
- Prunes