



Karina Jones Treatment Plan

This treatment plan is for the next month January 2023. Aim for a follow up appointment start of February.

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, diet and lifestyle alterations.**

Diet

- **Continue to be mindful of the interactions between your medication and calcium foods.** Examples on first treatment plan
- **Increase consumption of omega-3 fatty acid foods-** These foods are anti-inflammatory (will help reduce the inflammatory marker CRP in your pathology test), help with nerve function (brain health) and help to draw the LDL (which was high) out of the arteries and removed from the body. Try have fish 2-3 x per week.
 - o **Salmon/ sardines/ walnuts/ oysters (if an option when eating out)/ flax seed and olive oil as a dressing/ chia and flax seeds (chia puddings great breaky)/ any nuts and seeds.**
 - o **Fried foods (except chips when you have a migraine 😊), processed snacks (high in bad oils/butter), reduce red meat intake (1x week), coconut products, excess butter, margarine, anything with palm oil, limit peanut butter as primary nut butter (try almond instead), limit egg intake to 3xper week (2 eggs per serve)**
- **Consume protein with every meal** (main/snacks)- Protein is the food group that has the most impact on our satiety. This can help with cravings, overeating and support muscle growth, making it a powerful food group for weight loss. If you don't feel full after your meal or satiety doesn't last long, you may need for protein.
 - o **Snack ideas-** nuts/seeds with yogurt. Or protein-based yogurts like Chobani and yopro, fruit with nut butter, hummus and crackers/fruit/vegetable sticks
 - o **Breaky ideas-** Veery important to start the day with a decent serving of protein. Protein smoothies, oats with nut butter or nuts and seeds, eggs when required, chia puddings (additional protein powder will make the protein a lot higher).
 - o **I can provide recipes if needed.**

Lifestyle

- **Home exercise-** I'd suggest starting with walking, just to map out the ideal time frame you have to dedicate to exercise each day/week. Make sure you plan and start slowly. Incorporate as much unplanned exercise into your lifestyle as possible. Walk to location, when possible, walk stairs, park slightly further away so you walk more. These are just some examples.
- **Continue with CalmX supplement** – Continue to see Psych when required and take supplement as prescribed. Your scrip will still be valid to reorder if required.

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

- **Calm X Metagenics-** Dose = *2 level scoops (12.7 g) once daily in 200 mL water after food.*



Created by Zoe Cooper BHSc

- **UB NuroBiota Bioceuticals (probiotic)**- Stress alters the gut bacteria, the gut bacteria influence the brain via the GUT-BRAIN AXIS. Dose= 1 cap 1x day.
- **Rapid D Orthoplex** (Vitamin D)- Providing the active form of Vit D and has a higher rate of intestinal uptake than standard Vit D supplements. This should reduce the time you will have to take Vit D for. Dose= 1 tab 1 x day.
- **MetaPure Algae Oil Metagenics** (Omega-3)- Supplementing omega-3 provides therapeutic levels of omega-3 and can facilitate the reduction of LDL cholesterol as well as reducing internal inflammation.