



## Karina Jones Treatment Plan 4

Date: 30/03/23

This treatment plan is for the next 6 weeks. We will keep in touch with how your symptoms are going and create a follow-up consult after these 6 weeks.

### Treatment Goals:

1. **Rebalance hormones to support weight loss and overall health through diet changes and supplementation.**

### Diet- Follow handout and recipes provided.

- **Reduce consumption of dairy/ gluten and alcohol over the next 2 months.** This will help reduce inflammation in the body, support liver health and oestrogen clearance.
- **A large focus on protein intake and fibre with each meal-** These two are important for weight loss as they increase the feeling of fullness after a meal. Which can reduce the cravings throughout the day.
- **Increase consumption of cinnamon-** This help to increase the body's sensitivity to insulin and will help to reduce your insulin levels. Add this to everything and anything you can!

### Lifestyle

- **Consume an afternoon snack-** Set that reminder in your phone and make sure you have a convenient snack with you at this time. Make sure you are also eating enough protein throughout your day, especially in the mornings. A lack of protein in the mornings can cause late night hunger and cravings.
- **Continue with your current exercise routine-** At home body weight and HIIT exercises and a couple of dance classes per week is great. Exercise is great to rebalance your insulin levels. After exercise is the best time to consume carbohydrates as the body naturally increase the sensitivity to insulin and increases carbohydrate storage in the muscles.

### Supplements-

- **Orthoplex OestroClear**  
Dose- 1x tablet/ 2 x day  
Duration- 2 months (2x bottle)
- **Orthoplex Activated B6**  
Dose- 1x capsule/ 1 x day  
Duration- 2 months (1x bottle)