



## Jennifer Lin Treatment Plan

This treatment plan is for the next 2 weeks. Please book another appointment on the 2nd of December.

### Treatment Goals:

1. Create a long-term diet that suits shift work and provides adequate nutrients.
2. Increase energy from a 5 to 7 using food to fuel body.

### Diet

1. Rotate between Weet-bix and another quick/ easy breaky meal. Look at things that are more nutrient dense. Eg. Rolled oats/ porridge- Provide protein and other micronutrients. Please ask for a recipe if you would like.
2. Adding to your Weet-bix- Add in the high protein yogurt, switching between banana and berries, adding nuts/seeds/nut butter to the meal. Trying to increase protein intake & nutrients within this meal. Weet-bix are low in nutrients but provide quick energy (High GI). Great to fuel a workout (cardio). However, due to your schedule, lets try find something that will fuel your body more.

### Lifestyle

3. Continue to exercise (gym and dance) as you have been. This will help get your body into a new schedule, will help maintain energy levels and great for mental clarity and function.
4. Continue with your sleep routine (dark room, eye mask). Try not to eat a meal within 2 hours of falling asleep, as the body cannot properly sleep while digesting food. I know this may not always be achievable, so when you do need to eat, please do.
5. Please complete the attached Questionnaire regarding your sleep preferences. This will help us determine your ideal schedule that will support your body. This can also help us determine eating times, exercise times. Allows us to work with your natural body, rather than against.

### Supplements

- Take a Probiotic- Night shifts have a negative impact on your gut health. You have noticed this during your night shift periods (Bowels changing to type 1). By providing your body with the bacteria that is lost can help rebalance your gut health. Changes in your bacteria can affect mood, mental clarity, immune health, all are things you are experiencing.
- My suggestion would be Orthoplex AllerG Biotic- 30 caps is \$45. I would suggest to take 2 capsules during night shift and 1 on every other day. This can be discussed at the next consultation.