



Briony Chapman

Treatment Plan

Practitioner	Kit Tomlinson
Appointment	18 Aug 2023, 10:00AM
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Health Goals

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1. Balance blood glucose levels to reduce sugar cravings and improve PCOS symptoms.
2. Continue to improve hormonal balance to reduce PMS, menstrual cramps and sweet cravings.
3. Continue to improve executive dysfunction, concentration and other ADHD symptoms by balancing hormones/ blood sugar and improving dopamine response in the brain.
4. Increase energy levels through achieving the goals above.

Dietary Advice

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The main way to balance blood sugar levels through diet is to increase **protein** intake at every meal. You have already improved this a lot which is great, it may be worth just for a couple days calculating how much you are getting at each meal (you want a minimum of 130 gms a day, more ideally **150 gm** total).

Other impactful ways you can help to **improve blood sugar regulation** is by:

- Adding cinnamon to as many dishes as possible
- Drinking 1 tbsp of apple cider vinegar in warm water before every meal
- Eating or drinking bitter foods before a meal (rocket salad, dandelion tea etc).
- Consuming prebiotic fibers - these are found in oats, apples, banana, artichoke, onions, garlic and in supplements by themselves (PHGG, pectin etc.). They are useful in not only supporting gut health but also in binding up glucose in the blood stream.
- Eat blueberries every day, the polyphenols and fiber help to reduce blood sugar levels.
- Eating the protein portion in your meal before the carbohydrate portion (if possible).
- Going for a short 5-10 minute walk after meals helps to prevent glucose spikes.
- Reduce caffeine intake (coffee, chocolate, black tea) and always consume after a protein rich meal.
- opt for naturally sweetened treats than cane sugar treats (things sweetened with

monk fruit, stevia, coconut sugar) as these have a lower GI.

Lifestyle Advice

Lifestyle Advice

Keep up the awesome work of closing your rings everyday! You're doing really well with this routine in your day.

I'm also very glad that you are giving yourself some grace around grieving. It's so important to allow this process ♥

Words of wisdom

Words of Wisdom

Committed, persistent and dedicated. You have all the foundations for success ✨

Prescription

Prescription

Compound - 2 tsp in a glass of water once a day.

Chromium Excel - Ideally 1 tablet before every meal, otherwise can do 1 morning, one night. Or 2 in the morning. It will be interesting to see what you notice works best for you.

Neural Nectar - 1/4 to 1/2 tsp with compound.

Referrals / Further Investigations

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