



flourish naturopathic

YOUR TREATMENT PLAN & GUIDE

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BHSc Clinical Naturopath





NATURAL PRESCRIPTION SCHEDULE

BIOMEDICA BIOACTIVATED B CAPSULES

Take 1 capsule with or directly after breakfast

ACTIVATED NUTRIENTS ORG TOP UP

2 teaspoons added to water or in a smoothie daily

ORTHOPLEX WHITE PURE D

Take 1 drop daily or 7 drops once a week in the morning.

Can be added to drinks, placed directly under the tongue or added to cold food.

This is to maintain adequate Vitamin D levels to ensure Vitamin D status doesn't drop over winter and for healthy egg development and pregnancy outcomes.

After we have replenished your nutritional status and you are ready to start preconception care we will add in a quality Pre-Natal and assess what other needs you may have at the time.

TIP:

Set repeating alarms to remind yourself when to take your supplements.

If you start any pharmaceutical medications or have a supplement you wish to try please notify Christina immediately to ensure it is safe to take these together or if there are any doubling up of nutrients.



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Dietary Recommendations

FRUIT & VEGGIE INTAKE

- Aim for 2.5 cups of vegetables a day to meet your nutrition requirements.
- Try to get a wide variety of colours and types of vegetables to ensure you are getting a variety of different nutrients.
- Aim for at least half a cup to one cup of those vegetables to be from the Cruciferous vegetable family (broccoli, cauliflower, cabbage)
- Consume 2 serves of fruit daily. A standard serve of fruit is about 150g or: 1 medium apple, banana, orange or pear. 2 small apricots, kiwi fruits or plums, or half a cup of berries.
- Don't overcook your veggies, lightly steam or stir fry instead of boiling and keep a crunch to your veg to ensure optimal nutrition.

HYDRATION TIPS:

Increase your hydration levels by having:

- Herbal teas without caffeine
- Broths and soups
- Infused water (add cold brew teas, fresh fruit, etc)
- Eat more fruit (fruit is naturally high in water, especially watermelon, strawberries, oranges and cucumber)
- Always keep a water bottle or glass of water on you to remind you to drink.
- Raw coconut water contains electrolytes to help you retain water
- Sip drinks slowly rather than quickly drinking large amounts of fluids



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Increase Dietary Protein Intake

Add a source of protein to each meal, for example:

- 1 cup of miso soup (only 6 grams but adds up if you add other proteins)
- 2-3 tablespoons of nut butters
- 3 tablespoons of hemp seeds
- 2-3 eggs
- 1 serve of a quality protein powder (I recommend a plant based or collagen based protein, let me know if you would like a protein powder added to your account or recommendations on good products)
- 1/2 cup of cooked beans, lentils or other pulses
- 100-150g of meat or fish (roughly a palm sized amount of meat, 1-2 fillets of fish or a can of tuna/fish)
- 1/2 cup cottage cheese or yoghurt
- 85-100gs of tofu or tempeh
- 1/3 cup nuts
- 3-4 tablespoons of mixed seeds



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Nutrient rich foods for hormone health

FOODS AND DRINKS TO SUPPORT A HEALTHY CYCLE

- Broccoli, Cabbage, Cauliflower, and other cruciferous vegetables help to improve removal of waste products by improving phase 2 liver pathways. Consume roughly 1/2 a cup of cruciferous vegetables daily
- Chamomile tea helps to regulate cycle health and has relaxing properties to improve nervous system health.
- Mackerel, salmon or any other oily fish are can help regulate your periods. Oily cold water fish is also rich in healthy fats, proteins and omega 3 fatty acids that help to support overall cellular and hormonal health.
- Whole grain foods are high in fiber, vitamins and proteins, whole grains will improve the balance of hormones in your body. You should opt for whole grain bread or sourdough instead of white flour foods that are high in High-glycaemic carbohydrates which can worsen the symptoms of hormonal irregularities.
- Papaya is rich in a nutrient called beta-carotene. This nutrient helps to regulate oestrogen levels in the body and restore period regularity.
- Flaxseed is one of the most beneficial seeds for women's health. Loaded with omega 3 fatty acids, fiber and healthy fats, flaxseeds have several health benefits. Including hormone regulation, reducing inflammation, and supporting a healthy uterus. Opt for unground flaxseeds and freshly grind them yourself in a coffee grinder or blender as the compounds in flaxseeds break down when exposed to oxygen. 3 tablespoons of flaxseeds a day is the amount needed for a therapeutic benefit.

Symptom Journal

NOTE ANY SYMPTOMS, STRESS LEVELS, WHAT YOU ATE THAT DAY & ANY OTHER RELEVANT INFORMATION YOU CAN THINK OF.

FILL OUT 1 PAGE PER DAY

ENERGY

/10

1 = EXHAUSTED

10 = HIGH ENERGY

STRESS

/10

1 = NO STRESS

10 = EXTREME STRESS

ANXIETY

/10

1 = NO ANXIETY

10 = EXTREME ANXIETY/
PANIC ATTACKS

BOWEL MOVEMENTS:

(Note: consistency, colour, if skipped, loose, etc)

SLEEP:

(Note: quality/any issues)

EXERCISE:

(Note: Type & Duration)

MOOD:

(Note: any differences)



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WHEN SHOULD YOU COME BACK FOR YOUR

Next Appointment?

I recommend coming in 4 weeks after you start taking your new supplement regimen.

If you have any questions related to your plan, please reach out via email and I will get back to you within 2-3 business days.

If you develop any new symptoms or need guidance on other issues you can email questions or your symptom journal through and we will discuss in your next consultation.





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NEED TO GET IN CONTACT WITH

Christina?

EMAIL:

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**For further information, socials and more, click the
below link**

CLICK HERE

