

Date: 02-07-2024
 Name: Joanna Gambetta
 D.O.B.: 19/12/1980
 PH: _____

Your Prescription
 Do not exceed recommended dosage.
 Take medication strictly as directed. If you have any
 issues or questions, please consult your Practitioner.

Health goals:

Regulate glucose metabolism by reducing insulin resistance with nutraceuticals and lifestyle modifications.

Supplement/ Herbal Tonic	Dosage Instructions
Myo-Inositol- Designs for health Australia	Start with 1 scoop (2gr) mixed in ½ glass water or juice. Slowly building up until 4g/day. 1 scoop morning and 1 scoop afternoon.
Metibol Xcell 60c - Orthoplex White	Take 1 capsule daily with food.

Additional Supplement Directions:

Dietary Recommendations:

- 1 teaspoon of apple cider vinegar (ACV) in 1 glass of warm water before meals or as tolerated. Also used as salad dressing.
- "Dress your Carbs" with veggies before eating them. Eat the veggies/salad first. This will reduce the glucose spike and stabilize your glucose levels. Protein and fats second. Carbs at the end.
- Aim to add cinnamon to your oat porridge, yogurt, protein shake. There is evidence that supports cinnamon is good to balance glucose metabolism.
- Eat protein with every meal to induce satiety, reduce those carbs cravings and keep glucose levels in range.
- Aim to include/swap for low GI (glycemic index) foods. <https://www.gisymbol.com>
- Protein shakes with Pea powder, mixed berries, 1/3 banana, peanut butter, nuts/seeds, cacao, etc. to reduce the consumption of high carbs in the afternoon, reduce cravings and improve satiety. https://www.amazonia.com/products/raw-protein-slim-tone-vanilla-cinnamon?_pos=2&_sid=cb3748d65&_ss=r
- Sourdough toast with scrambled eggs, avocado or peanut butter.

Nutrient/Food	Reasoning
Myo-Inositol rich foods like rockmelon, oranges, eggplant and beans.	Improves insulin resistance, reduces cravings, improves lipid profile, reduces inflammation.
Chromium rich foods: White fish, parsley-fresh, olives, cottage cheese, mushrooms, liver, brewers' yeast.	Improves insulin activity and lowers cardiovascular disease risk, improves blood glucose control.
Cinnamon	Improve blood sugar management and insulin resistance.

Lifestyle Recommendations:

1. Continue with your exercise routine as before, that will continue to improve glucose metabolism.
2. Aim for a short walk of 10-15 min after each meal to balance your glucose levels.

Practitioner Name: _____ Karina Ruiz Serkovic _____ Registration No: _____
 _____ 29529 _____