

Jayne Geddes

## Daily Nutrition Plan

Naturopath: Janine Noakes RN ND April 2025

### GOALS

- ☐ reset
- ☐ improve digestion

### BODY COMPOSITION

- Weight - 66.5kg ( Goal Weight 66g =BMI 22.4)
- Muscle SMM 30.1 kg -medium normal limit (aim to maintain)
- Body Fat Percentage - 16.7 % below normal limit (aim to increase slightly )
- Visceral Fat Level - 5.13 (normal limits -aim 10 or below)

**Recommendations** - Keep and build muscle, decrease body and visceral fat for Health

#### **Macronutrient Recommendations Per Day -**

*Protein 70-80g, Good Fat 175g & Carbs >100g carbs daily to maintain energy & body fat mass -this is important for hormones to function properly*

### NATUROPATHIC GOALS & RECOMMENDATIONS

**Reduce the Stress in your Life** - We all experience stress at times and whilst low levels of occasional stress are normal, persistent moderate or high levels of stress can affect both our general physical (including gut )and emotional health.

Managing stress can seem easier said than done, but there are many resources and tools available to us. Often, the key is to be able to first recognise when we are stressed and how it affects us.

Stress can be attributed to placing much of our focus on any 1 or 2 given things, such as work or relationships and forgetting to take the time to nourish our bodies and minds. Strengthening the parasympathetic nervous system should be a key factor in your daily practice. One way of doing this is with regular use of a tens machine for vagus nerve stimulation-

- Vagus nerve stimulation:-  
<https://www.homemedics.com.au/post/vagus-nerve-stimulation-vns-using-tens-ear-clips-what-does-it-do>
- <https://www.youtube.com/watch?v=5ba5zyMo9VY> -how to stimulate the vagus nerve
- [www.amo-lab.com](http://www.amo-lab.com)

### RECOMMENDED STRATEGIES

- **Mediterranean style**-Diet should be high in good fats, moderate in protein with low carbohydrates. incorporate SIBO Bi phasic diet version of this -remain gluten free for ongoing gut health even psot SIBO recovery.-see menu handout given
- **Daily Protein smoothie** to supply enough protein for neurotransmitter building blocks.& muscle mass.
- **Continue regular daily exercise** to maintain mood, reduce stress & improve sleep.
- **Have a look at revisiting Dr Nirala Jacobi** website specific to functional gut disorders- in Wilsons Creek [www.thebiomeclinic.com](http://www.thebiomeclinic.com) -do online & in clinic consults
- <https://www.siboinfo.com/about-sibo.html> -good website with sibo information -which will answer lots of your questions
- **Use a meal planner** to stay on track once home to correlate any gut symptoms with diet
- **Decrease Gut Inflammation** - Bone Broth, Turmeric, Ginger, gelatin
- **Ginger in food and supplement** form to maintain bowel regularity and also **Iberogast** as both are "Prokinetics"(products which promote movement)
- **Address external factors contributing to poor health**-diet, stress, job, sleep
- **Consider GI Map test** at a later date once has diet under control
- **Consider starting** [www.guptaprogram.com](http://www.guptaprogram.com) for long term chronic conditions -poor sleep, gut issues
- **Brain Sync** -Kelly Howell -Binaural beats for sleep, meditation, motivation & healing
- Vagus nerve stimulation:-  
<https://www.homemedics.com.au/post/vagus-nerve-stimulation-vns-using-tens-ear-clips-what-does-it-do>
- Get some up to date pathology done **Vit D (important to be > 100nmol for immune and mood support)** FBC E/LFTs, vit B6, B12 and zinc

### On waking

- First Thing Drink Water - Large glass of warm water with a squeeze of fresh lemon, apple cider (with 1 tsp Vitamin C) (Digestion, Antioxidant & Alkalisng)
- Probiotic -Orthoplex Gut Synbiotic for regulating bowels
- Gratitude - 3 things you are grateful you can do today
- Creating Healthy Bowel Habits: Sit on the toilet, relaxing the body, breathing in and directing the exhalation towards the rectum, sit for 5-10 minutes regardless of whether you eliminate to begin with or not.

### Immune Boost -

- Take a shower and have as hot as you can and then for a last minute turn hot water off completely and do 1 minute under the cold water.

### Exercise

- **Everyday:** Cardio Movement Everyday - 30 minutes of cardio exercise 5 times a week (e.g **walking**) & 10 minutes of Stretching as tolerated
- **2 to 3 times a week:** Resistance Training - 20 to 30 minutes of weight bearing exercise 2 times a week (e.g. gym workout/home workout or pilates) this is to improve muscle mass
- **Everyday:** - Mindfulness & Deep Breathing from 1 minute to 30 minutes. Practice breathing in for the count of 4 and breathing out for the count of 8. When can this be done ? Set an alarm for this so can do when at work to reduce stress

### Avoid the following foods

- Sugar of any kind
- Gluten -including oats
- Dairy products
- Corn and all corn products
- Processed food of all kinds
- Packaged foods unless the label states it is plant based and not full of additives and preservatives
- Sugar - avoid all kinds. A little bit of manuka honey is ok, a little bit of pure maple syrup is ok
- avoid non steroidal antiinflammatory drugs (panadol etc)
- vegetable oils
- Coffee aim to swap out for green tea with calming & antioxidant benefits
- Alcohol - ideally abstain while getting your gut back on track –gastric irritant

### Breakfast examples -"eat like a King"

- ✓ Organic poached eggs with avocado, artichokes & fresh baby spinach
- ✓ Organic omelette with avocado & rocket
- ✓ Zucchini fritters with steamed vegetables
- ✓ Chia pudding with berries, nuts and coconut yoghurt
- ✓ **Quick Breakfast** – into water add 1 scoop of Rice/Collagen, 1 tbsp coconut yoghurt or coconut cream, 1 tsp Coconut oil, 1 tsp Organic Cacao powder, 1 tsp Organic Cinnamon, sprinkle of Organic Nutmeg and 1 tbsp berries. Add ½ an avocado or & raw egg and/or a handful of fresh baby spinach for extra fat / fibre.

**\*A good breakfast with protein sets us up for the day with better energy levels and blood sugar balance and reduces likelihood of carb cravings and stimulants to get started.**

**Smoothie recipe 1:** Collagen protein powder (20-30 of protein), 1 scoop Organic Collagen Powder, 1 tsp flax seeds, 1 tsp chia seeds, handful of Frozen Strawberries, raspberries (OOB brand from Coles or Woolworths) 50 - 100ml of coconut milk / cream (unsweetened) AYAM - Coles or Woolworths - can water down to desired consistency - add raw egg if needing more protein.

**Smoothie recipe 2:** Collagen protein Powder (at least 20-30g of protein), 1 scoop Organic Collagen Powder, 1 tbsp coconut yogurt or coconut cream, 1 tsp Organic Cinnamon. Add ½ an avocado or & raw egg and/or a handful of fresh baby spinach for extra fat / fiber. Add water or unsweetened almond milk to desired consistency. Breakfast on the go - boiled eggs, dry roasted almonds, chia puddings, mini frittatas (make in bulk and defrost as needed) and protein smoothies

### Mid Morning

- Drink regular small amounts of pure water totalling 1.5 litre before 11.30am
- Herbal teas

### Lunch – Eat a Good Quality Late Lunch (Salad & Protein) -"eat like a Prince"

- ♦ Include a variety of fresh salad ingredients such as leafy greens, carrot, beetroot, radish, cucumber, olives, avocado, asparagus, garlic, onions, capsicum etc with a palm sized portion of protein such as organic eggs, and some healthy fats such as cold pressed olive oil, topped with some lemon juice.
  - ✓ Organic chicken, garden salad, avocado and olive oil dressing.
  - ✓ Organic slow cooked veggies with roast meat
  - ✓ Organic lamb stir-fry or curry with a small serve of 'cauliflower rice'
  - ✓ Organic egg frittata with a fresh garden salad
  - ✓ Fresh local caught salmon with the skin on with salad or vegetables

### Dinner – Light Dinner or Bone Broth -"dinner like a pauper"

- ✓ Homemade vegetable soup or stew with legumes (as gut can tolerate)
- ✓ Fresh salad (e.g. Greek salad & avocado salad)
- ✓ Small serve of fish with lightly steamed or stir fried vegetables
- ✓ Small serve of frittata or omelette with steamed vegetables
- ✓ Stews or curries, with vegetables or cauliflower rice
- ✓ **tip** - if you do more than one meal you can freeze small containers to heat up the next day or when required to take for lunch
- ✓ **Tip** - Add a good mushroom fort liquid or powder to your broths or stocks or slow cooked meals to give extra support to your immune system

### Nervous System Support

- Take 90 seconds on the hour every hour, where possible and breathe in for the count of 4 and out for the count of 8. Calming for the nervous system and also just allowing for a break in thought processes. Allows for the possibility of supporting new and healthy patterns and neurotransmitters.
- Things to get you back into parasympathetic rest and digest nervous system - Walks, Breathing, Read a Book, Yoga, Meditation,

### Additional Notes

- **Ensure that you are getting enough protein in your diet and good fats, minimising carbohydrates.**
- **Snacks to Nourish** - Nuts & seeds in a container, boiled eggs, protein balls, protein shakes, chopped up vegetables and hummus or avocado dip, coconut pieces, keto jellies, chia pudding, coconut/greek yoghurt and berries!
- **Bone Broth & Slow Cooker Meals** – for better absorption of nutrients, gut inflammation and healing. You can slow cook bone broth and freeze in smaller containers
- Heat your broth before work, add vegetables and place in a thermal container to keep warm. Take to work.
- **Hot/cold showers** twice a day and at **least** once a day. Really hot shower and finishing with freezing cold stimulates the immune system.
- **Eat mindfully.** Ensure the environment that you are eating in is calm, serene, no tech devices or tv.
- Eat organic/spray chemical free fruit and vegetable, where possible locally sourced. I.e. Markets, home delivered organic boxes, local fruit and veg shops
- **Breathe to calm the nervous system: breathing in for the count of four and out for the count of 8, directing the breath to the feet.**
- **3 things that were positive about your day** - Setting a positive daily intention at the beginning of the day, and gratitude at the end of the day.

## Strategies for Coping with Stress in your Life

1. **Express Yourself** – Share what you are going through with a trusted friend, family member or health care professional who can help you with these problems and improve coping mechanisms.
2. **Make lifestyle changes** – Change your diet (healthy whole foods), get enough sleep and avoid stimulants so you are getting the much-needed essential daily nutrients this will help you stay positive and energetic.
3. **Practice gratitude and remain resilient.** When times are difficult, look for the silver lining and show gratitude each day to improve mental wellbeing, self-esteem and give a renewed appreciation for life.
4. **Be mindful of your breathing** – Consciously slow down your breathing by taking deep breaths to calm your body and your mind. Practice controlled deep breathing regularly. This can not only enhance oxygen supply but also assist in healthy stress management. Guided meditations are helpful apps. Headspace, Smiling Mind or Calm and the practice of yoga.
5. **Breathe.** Feeling overwhelmed, anxious, stressed, or wanting to pause before making unhealthy choices. Stop for 90 seconds... breathe in for the count of four and out for the count of 8 for 90 seconds. Calming the central nervous system, calming, supports the vagus nervous system.
6. **Practice 'mindfulness'.** The mind is where everything begins (e.g. the decision to eat the right types of food or the decision to exercise each day)! A healthy, positive outlook has been shown to be a very important part of successful outcomes. Foster healthy support networks (e.g. family and friends). Take steps to ensure that the mental, emotional and spiritual wellbeing are nurture

## Ongoing suggestions

- **Have a support team and system around you. Psychology, naturopathic, etc**
- **If you require support you know that it is there for you.**

## Detox suggestions

Dietary and lifestyle guidelines may assist during a Detoxification Program:

- Become aware of sources of environmental exposure to toxins and toxic metals to avoid known exposures.
- Avoid personal care products (for example, antiperspirants) that contain toxic metals.
- Regular 30-40 minutes of moderate aerobic exercise at least four times a week assists detoxification by supporting circulation of blood and lymph throughout the body, enhancing the elimination of waste products.
- Regular strengthening exercise (up to 3 sessions per week) to boost resistance to toxicity and enhance elimination.
- Drink 2-3 litres of pure water daily, from a BPA-free plastic, glass or stainless steel container.
- Sleep and rest well for rejuvenation of the body.
- Dry skin brushing supports the skin's function as a major organ of elimination. Brush the arms, legs and back briskly in an upward motion for 5-10 minutes before showering with a bristle brush or loofah. Allow the skin to become pink and tingle.
- Saunas and skin wraps can be powerful detoxification tools, encouraging sweating to remove wastes through the skin.
- Massage may stimulate lymphatic and blood circulation to mobilise toxins for elimination.

## Resources

### Healthy Recipes Books available at our Living Valley Shop

- Living Valley Recipe Book - Download from our Website!
- Shake it Recipe Book - <http://shake-it.com.au/>
- I Quit Sugar Book - <https://iquitsugar.com/recipe/>
- SIBO Bi-Phasic Diet cookbooks by Rebecca Coomes.
- Heal Your Gut-supercharged food by Lee Holmes
- Brain Sync-<https://www.brainsync.com/> -Kelly Howell -Binaural beats for sleep, meditation, motivation & healing
- The Seven-Day sleep prescription by Aric Prather also available on Kindle
- Nerva <https://try.nervaibs.com/start-free-trial> developed by Monash University- have a look at the data behind the app success
- Healing Foods - Cooking For Celiacs, Colitis, Chron's, IBS - Sandra Ramacher -book

Continue the program for 3 months and then we will do a follow up, please call Living Valley Springs to arrange a review of your program by outpatient or phone consultation in **July 2025**

**If you would like to have this appointment sooner please don't hesitate to contact us.**



*Absolute Health Retreat*  
Noosa Hinterland

### **PLEASE NOTE:**

This program has been prepared for you based on your personal health profile that was submitted at the commencement of your retreat, along with our professional assessment of your current state of health. The naturopaths at Living Valley Springs appreciate the opportunity to support you as you make dietary and lifestyle changes. Based on the huge number of demands for advice and support, it is impossible for us to answer emails or take phone calls from our clients on an informal basis. We know, however, that it is important for you to have follow-up access to us, as you experience changes and require answers to a variety of health-related questions.

Living Valley Springs employs a sufficient number of paid professional staff to cater for your need for follow-up advice. The fee charged for naturopathic consultations is \$3.00 per minute.

You may book a phone or on-site consultation by calling our office. Depending on availability, you may need to book several weeks in advance. Emails should be addressed to [\*\*naturopaths@lvs.com.au\*\*](mailto:naturopaths@lvs.com.au). You will be invoiced for the time taken to research your matter and answer your questions. We appreciate your support of our wellness program and we look forward to assisting you in your ongoing journey towards optimal health and wellbeing.