



**Treatment Plan- Alison Driver (Follow Up)**  
01/05/2025

The recommendations below are a continuation of the treatment plan we devised during your initial consultation.

**Continued Supplements/Herbal Remedies**

**Clinical Lipids 2:1** (by Orthoplex)

**Dosage:** Take 1 capsule twice daily

and try again for a week

**MagCalm** (by Orthoplex)

Dosage: 2 scoops in water, once per day (at night, before herbal tea and at least 30-60mins before bed)

**Herbal Tea (Lavender, Chamomile, Passionflower)-** to assist with improving sleep.

**Continued Recommendations**

- **Avoid eating anything after dinner and limit after dinner treats to the weekend.**

Digestion and insulin are not as effective at night therefore, the body is more likely to store kilojoules as fat instead of using them for energy. Also, having a cut-off time for eating or a longer break between eating (which is part of the intermittent fasting principles) can help establish healthy eating patterns and routines and avoid unnecessary snacking.

- Continue to avoid highly processed, high sugar foods.

**Reduce overall carbohydrate** intake (particularly bread as you felt this made a difference to your weight loss and possibly bowel function). Refer to Low Carb Mediterranean Diet info sent previously. I'd aim for at least **65g protein** per day.

- Aim to eat one source of protein and one source of healthy fats with each meal.
- Continue adding 1 tablespoon of apple cider vinegar to a glass of water and drink 30mins before a meal (**twice per day** for a total of 12 weeks).
- Maintain current weekly exercise (4-5 times per week for at least 30 minutes).

- Ensure adequate intake of soluble fibre which can help to slow the absorption of carbohydrates and release of sugar into the blood (e.g. oatmeal, nuts, legumes, apples, oranges, blueberries).
- Reduce dairy intake (considering the symptoms you mentioned). Consider milk alternatives (aim for organic).
- Increase water intake to approximately 2L per day.

### **Follow up Appointment**

- Review current treatment plan.
- Offer accountability for eating habits and weight management progress.
- Provide further recipes and nutrition and dietary guidance (provide further guidance on amounts of carbohydrates, protein and fats).
- Review lipid profile from recent blood test results.

### **Recipes**

#### **Oat, Seed and Date Bars**

[https://brendajanschek.com/wprm\\_print/19464](https://brendajanschek.com/wprm_print/19464)

#### **Zesty Protein Balls**

[https://brendajanschek.com/wprm\\_print/19492](https://brendajanschek.com/wprm_print/19492)

#### **Muesli Slice**

[https://brendajanschek.com/wprm\\_print/19536](https://brendajanschek.com/wprm_print/19536)

**Breakfast Balls** (can leave out protein powder if you like a use almond or cashew butter).

<https://brendajanschek.com/recipe/brendas-brekky-ball-great-for-anytime-of-day/>

**Bliss Balls** (you can adjust recipe to suit. Adding a grated carrot is a good addition).

<https://www.donnahay.com.au/recipes/fast/bliss-balls>