Vitae Mosaic Prescription

Name Dianne Ainsworth

Date 6/9/22

Practitioner Lisa Hayne

Diet and Nutrition Plan

Protein - aiming for 1g per kg of bodyweight. Have a looka t your handout and see if there's any other foods you enjoy that you can add to your day. E.g. boiled eggs, adding nuts/seeds/granola to your breakfast, adding legumes/lentils/chickpeas to your meals or salads. Chia puddings. Smoothie with fruit, veg, collagen powder and nuts. Scrambled eggs/omelette etc.

Lifestyle Plan

Pop your phone on flight mode at night if keeping it on your bedside table. Helps lower EMF exposure.

The Conscious Farmer in Quirindi do all chemical free, grass fed, pasture raised beef and lamb. Check them out online if you're interested.

Relaxation before bed - try using a mindfulness or meditation app and try their meditations or sleep stories. I love Balance, HeadSpace, Insight Timer, Smiling Minds.

Prescribed Supplements

Mega Magnesium Night - 2 tablets in the evening after dinner.

Iberogast - 1ml before or after meals to help with digestion and bloating.

AdrenoEnhance - 2 tablets daily

Continue your 3 x Vit D and 1 x Zinc

Testing and Pathology

I'd love to get some basic bloods to see how your overall health is going. Seeing your Dr for an annual health check:
- Vit D, B12, iron studies
- Full thyroid panel
- Lipids
- FBC and electrolytes

Instant Scripts - 'Wellness' OR 'Why am I tired' bundles. $20, take your pathology request form to Laverty.

Additional Comments and Follow-up

"When you see your GP for your checkup pathology, be sure to mention that you're really tired, having trouble sleeping, gaining weight, thinning hair and skin despite good diet, you have a family history of thyroid problems and have had problems with high cholesterol and low Vit D in the past"

It would be great to see you again in 4-5 weeks once you get your bloods back and you've been on your supps for a few weeks.

Practitioner contact details

Name: Lisa Hayne Phone: 0439 447 556 Email: admin@herbandspice.net.au