Vitae Mosaic Prescription

Name Lauren Sparrow

Date 19/8/22

Practitioner Lisa Hayne

Diet and Nutrition Plan

Protein rich foods - have a look at your handout to see what protein foods you can add to your day. Aiming for 1g protein for every kg of bodyweight, so a minimum of 60g/day.
Boiled eggs for snacks, scrambled eggs with tuna for brekky, granola and yoghurt, adding shredded chicken to your soups and salads, making a pasta salad using lentil/pulse pasta to inc protein.

Foods rich in B12 - beef, lamb, milk, cheese, seafood. Eating more protein-rich foods will help increase B12.

Lifestyle Plan

Mindfulness apps to help with relaxation - HeadSpace, Smiling Mind, Insight Timer, Balance. They also have great sleep stories that can help with sleep induction. 5 minutes every few days might be a great practice to include in your week.

Breathing exercises concentrating on a long exhale helps bring your body out of the fight or flight.

Gratitude practice or journaling are great to help re frame stressful events.

Prescribed Supplements

AndrenoEnhance - 2 tablets daily

MagGI Restore - 1 scoop mixed in water, after dinner

Testing and Pathology

Boundless Psychology - if you want to revisit seeing a psychologist I've heard great things about these guys in town.

Additional Comments and Follow-up

Your follow-up is booked for 27th September at 08:45am
I look forward to seeing you then

Practitioner contact details

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