

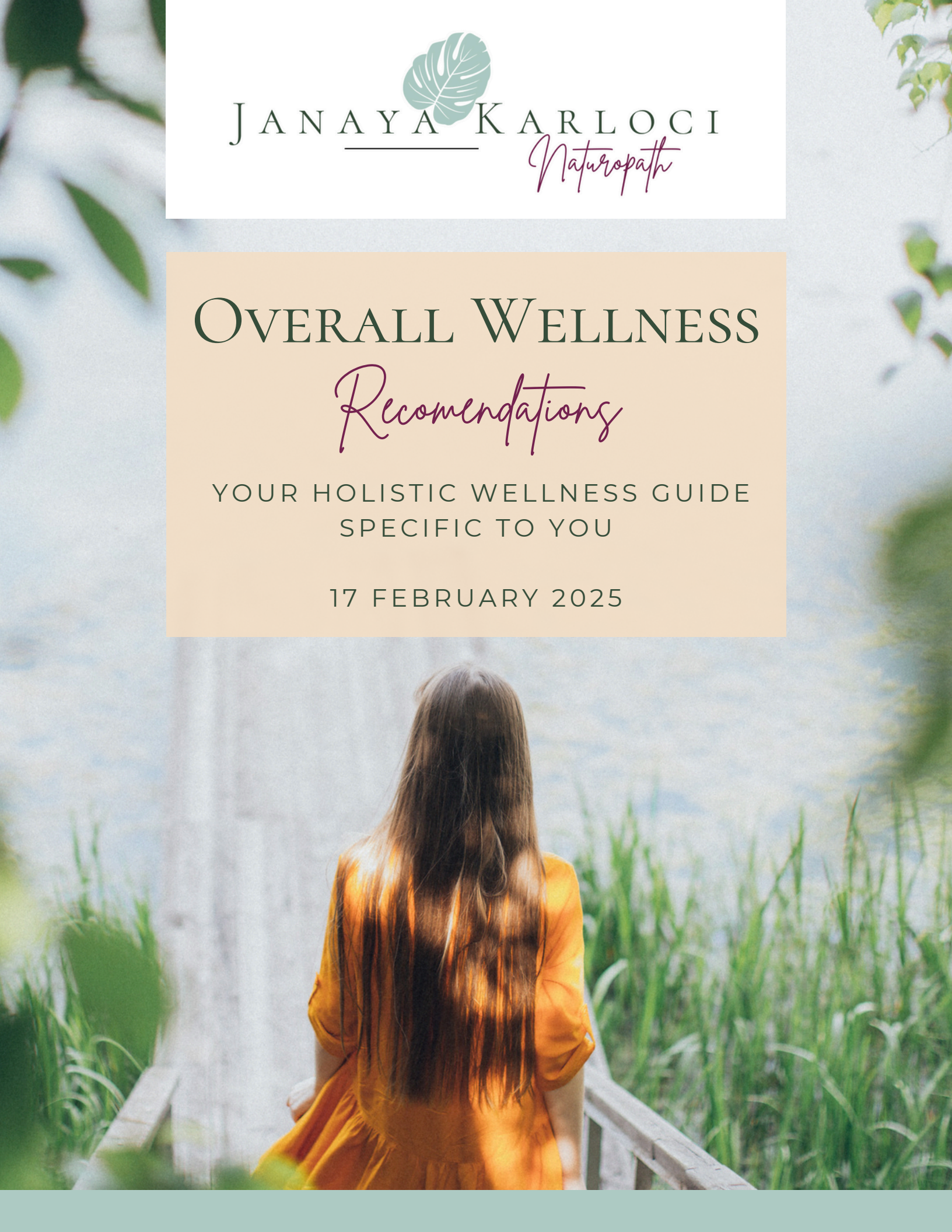


OVERALL WELLNESS

Recommendations

YOUR HOLISTIC WELLNESS GUIDE
SPECIFIC TO YOU

17 FEBRUARY 2025



HEALTH GOALS AND TREATMENT FOCUS

Physical Wellbeing

- Achieve greater consistency in physical and emotional wellbeing throughout your cycle
- Support healthy hormone regulation and reduce adenomyosis progression
- Reduce Gilbert's expression
- Maintain consistent energy levels
- Support cardiovascular and bone health through evidence-based strategies
- Optimise vitamin D status for bone health
- Mitigate CVD risks associated with OCP use and during perimenopausal transition.

Digestive Health

- Support digestive health to improve nutrient absorption
- Optimise bile production and secretion
- Support pancreatic enzyme function
- Enhance fat-soluble vitamin absorption
- Support intestinal mucosal health
- Support healthy triglyceride levels
- Optimise gallbladder function
- Support liver function and healthy bilirubin metabolism
- Optimize UGT1A1 enzyme function for hormone processing

HEALTH GOALS AND TREATMENT FOCUS

Hormone Balance

- Support healthy neurotransmitter and hormone metabolism
- Support hormonal balance through perimenopause transition
- Stabilise mood fluctuations
- Reduce physical symptom variability

Lifestyle Wellbeing

- Establish sustainable lifestyle practices for long-term health
- Optimise sleep quality despite parenting demands
- Develop effective stress management strategies
- Create sustainable work-life balance
- Enhance stress resilience and emotional regulation

Preventative Health

- Address family history risk factors
- Support healthy transition through perimenopause
- Build long-term health resilience

DIETARY RECOMENDATIONS

Key Dietary Principles

1. Regular meal timing (3 main meals + 2 snacks)

- Breakfast: Within 1.5 hours of waking
- Morning snack: 2-3 hours after breakfast
- Lunch: 2-3 hours after morning snack
- Afternoon snack: 2-3 hours after lunch
- Dinner: 2-3 hours after afternoon snack

2. Balanced plate at each meal (The Hormone Plate):

- 1/2 plate: Colorful vegetables and leafy greens
- 1/4 plate: Quality protein - aim for 20-30g at each meal
- 1/8 plate: Complex carbohydrates
- 1/8 plate: Healthy fats
- Plus: Herbs/spices for additional therapeutic benefits

3. Regularly include hormone-supporting nutrients:

- Omega-3 fatty acids: Support hormone production
- Isoflavone-Rich Foods: Support hormone production
- B vitamins: Aid hormone metabolism
- Magnesium: Supports hormone balance and stress response
- Zinc: Essential for hormone production
- Vitamin D: Crucial for hormone regulation
- Fibre: Aids hormone detoxification

4. Adequate hydration (minimum 2L daily)

DIETARY RECOMENDATIONS

Key foods to Include

1. Protein-Rich Foods (Include at each meal)

- **Animal Sources (per 100g):**
 - Wild-caught salmon (22g protein)
 - Grass-fed beef (26g protein)
 - Free-range chicken breast (31g protein)
 - Free-range eggs (13g protein per 2 eggs)
- **Plant Sources (per 100g):**
 - Lentils (9g protein)
 - Chickpeas (15g protein)
 - Quinoa (4.4g protein)
 - Hemp seeds (31g protein)
 - Tempeh (19g protein)

Aim to include quality protein with each meal, targeting 20-30g per meal for optimal absorption and utilisation.

2. Isoflavone-Rich Foods (Phytoestrogens)

- Organic soybeans (103mg isoflavones per 100g)
- Tempeh (60mg isoflavones per 100g)
- Flaxseeds (0.3g lignans per 100g)
- Red clover sprouts (28mg isoflavones per 100g)
- Miso (59mg isoflavones per 100g)

DIETARY RECOMENDATIONS

Key foods to Include

3. Anti-Inflammatory Foods

Fruits:

- Berries (blueberries, strawberries, raspberries, blackberries)
- Cherries (especially tart cherries)
- Pomegranate
- Purple grapes
- Green apples

Vegetables:

- Leafy greens (kale, spinach, collards, swiss chard)
- Cruciferous vegetables (broccoli, cauliflower, brussels sprouts)
- Bell peppers (especially red and yellow)
- Sweet potatoes
- Beetroot
- Onions and garlic
- Mushrooms (shiitake, reishi, maitake)

Proteins:

- Fatty fish (salmon, mackerel, sardines, anchovies)
- Grass-fed meats in moderation
- Legumes (lentils, chickpeas, black beans)

Healthy Fats:

- Extra virgin olive oil
- Avocados
- Raw nuts (walnuts, almonds, macadamia)
- Seeds (pumpkin, chia, flax)

DIETARY RECOMENDATIONS

Key foods to Include

Herbs & Spices:

- Turmeric with black pepper
- Ginger
- Cinnamon
- Rosemary
- Oregano
- Thyme

Beverages:

- Green tea
- White tea
- Herbal teas (especially chamomile and rooibos)
- Fresh vegetable juices



Foods to Minimise

- Processed foods
- Excess caffeine (especially after 2pm)
- Alcohol
- Added sugars
- Refined carbohydrates

LIFESTYLE RECOMMENDATIONS

Sleep Optimisation

1. **Set consistent sleep/wake times**

2. **Create a calming bedtime routine:**

- Avoid screens 1-2 hours before bed - try following these activities instead
- Gentle stretching or yoga
- Warm bath with magnesium salts
- Light reading (physical book)
 - See the next page for a suggested Sleep Routine Flow

3. **Optimise sleep environment:**

- Cool temperature (18-20°C)
- Dark room
- Quiet or white noise

4. **If overly stimulated when going to bed try a Progressive Muscle Relaxation (PMR) Sequence:**

- a. Find a comfortable position lying down
- b. Take three deep breaths
- c. For each muscle group, tense (5 seconds) then release (10 seconds):
 - Hands (make fists)
 - Forearms (flex wrists)
 - Upper arms (bicep curl)
 - Shoulders (shrug)
 - Face (scrunch)
 - Neck (gentle head tilt)
 - Chest (deep breath)
 - Stomach (tighten)
 - Thighs (squeeze)
 - Calves (point toes)
 - Feet (curl toes)
- d. End with three deep breaths

I will text you these PMR Sequence steps so you have them on your phone.

LIFESTYLE RECOMMENDATIONS

Sleep Routine Flow

2 HOURS BEFORE BED



Digital Sunset

Turn off screens OR Use blue light filters

Dim household lights

1.5 HOURS BEFORE BED



Wind-Down Activities

Gentle stretching/yoga

Warm bath with magnesium salts

Light reading (physical book)

Relaxation practices

1 HOUR BEFORE BED



Bedroom Preparation

Cool temperature (18-20°C)

Dark room

Quiet or white noise

Fresh air circulation

30 MINUTES BEFORE BED



Relaxation Techniques

Progressive Muscle Relaxation

Box breathing

Gentle stretching

Gratitude practice

BEDTIME



Sleep Environment

No phones in bedroom

Complete darkness

Comfortable bedding

Cool temperature maintained

If Sleep Is Disrupted

Keep lights dim

Brief breathing exercise

Return to bed when sleepy

Avoid checking time

I will text you this page so you have it on your phone

LIFESTYLE RECOMMENDATIONS

Stress Management

1. Daily breathing practice

Box Breathing Technique:

- Find a comfortable seated position
- Inhale for 4 counts
- Hold for 4 counts
- Exhale for 4 counts
- Hold for 4 counts
- Repeat for 5 minutes

Start with 5 minutes daily and gradually increase as comfortable and/or use this before you go to bed or if you have trouble falling back to sleep when you are woken up. ***I will text you these steps so you have them on your phone.***

2. Regular movement:

- Try and carve out 3 times a week (30 minutes is enough) to move your body, a Les Mills Workouts, a walk or an online pilates class - whatever feels right for you. But don't push yourself.

Identify Underlying Factors

1. Track your Vitals

I've included an excel spreadsheet for you to track your vitals

- Day in your cycle
- Sleep duration
- Number of Overnight Wake ups
- Average Energy throughout the day
- Average Mood throughout the day
- Digestive Discomfort
- Bowel Movements
- Potential triggers to any Digestive/Undesired bowel movements.

Full instructions are on the "Instruction" Tab, the tracking spreadsheet is on the "Tracker" Tab. Add anything more you want to track to it. I've designed this specifically for you.

SUPPLEMENT RECOMMENDATIONS

Supplement	Dosage
With Breakfast	<p>1.Eagle Vitamin D Spray - Take 1 spray to the mouth 2.InterClinical Digestive Zyme - Take 1 capsule 3.Spectrumceuticals SB - Take 1 capsule</p> <p>Either</p> <p>1.BioMedica MagDuo Adapt - Take 1 scoop in water OR 1.Calcium D-Glucarate - Take 1/2 teaspoon mixed in</p>
With Lunch	<p>1.Eagle Vitamin D Spray - Take 1 spray to the mouth 2.InterClinical Digestive Zyme - Take 1 capsule</p>
With Dinner	<p>1.Eagle Vitamin D Spray - Take 1 spray to the mouth 2.InterClinical Digestive Zyme - Take 1 capsule 3.Spectrumceuticals SB- Take 1 capsule</p>

NOTES: -

- 1.Take Mag Duo Adapt and Calcium D-Gluterate every second day and on seperate days i.e. Sunday Mag Duo / Monday Calcium D-G.
- 2.Order Spectrumceuticals SB again once you finish your current bottle and then conclude taking this. I will reccommend another probiotic at your next appointment

I will this table so you have easy access on your phone.

You've got this!

If you have any questions regarding your treatment plan, please email me at wellness@janayakarlocinaturopath.com.au.

This guide complements but doesn't replace any medical advice. Always keep your healthcare team informed of your wellness journey.

If you feel unwell at any point, become pregnant or start taking new medication(s)/supplementation(s), please stop taking your prescribed supplements and contact me ASAP at 0415 575 788 AND seek urgent medical attention if required.

Janaya Karloci

NATUROPATH & DIRECTOR

☎ +61 415 575 788

✉ wellness@janayakarlocinaturopath.com.au

🌐 www.janayakarlocinaturopath.com.au

📍 NSW, Australia



JANAYA  KARLOCI
Naturopath

While this concludes your official treatment plan - please continue reading for nourishing recipes which encompass all of the dietary recommendations made to you in this treatment plan; followed by more information explaining the 'why' behind each recommendation on the basis that - sharing knowledge is a cornerstone of how I support my clients' wellness journeys.



Breakfast

HORMONE-BALANCING BREAKFAST BOWL



PER PERSON INGREDIENTS

- 1/2 cup cooked quinoa
- 1 cup sautéed kale
- 2 poached eggs
- 1/4 avocado
- 2 tbsp pumpkin seeds
- 1 tbsp olive oil
- Pinch of turmeric and black pepper

DIRECTIONS

1. Cook quinoa according to package instructions
2. Sauté kale in olive oil
3. Poach eggs
4. Assemble bowl and top with avocado, seeds, and seasonings

NUTRITIONAL INFORMATION

Calories: 450 / Protein: 20g / Healthy Fats: 28g / Complex Carbs: 35g / Fibre: 8g
Benefits: Rich in B vitamins, healthy fats, protein, and zinc for hormone support

Breakfast



BERRY-GREEN PROTEIN SMOOTHIE BOWL

PER PERSON INGREDIENTS

- 1 cup mixed berries
- 1 scoop (30g) hormone-supporting protein powder
- 1 cup spinach
- 1 tbsp ground flaxseed
- 1 tbsp almond butter
- 1/2 cup unsweetened almond milk

Toppings: hemp seeds, coconut flakes, chia seeds

DIRECTIONS

1. Blend all ingredients except toppings until smooth
2. Pour into bowl and add toppings

NUTRITIONAL INFORMATION

Calories: 380 / Protein: 25g / Healthy Fats: 18g / Complex Carbs: 30g / Fibre: 12g

Benefits: High in antioxidants, omega-3s, and fiber for digestive health

Breakfast



TEMPEH BREAKFAST SCRAMBLE

PER PERSON INGREDIENTS

- 100g crumbled tempeh
- 1 cup mushrooms
- 1/2 red capsicum
- 1 cup spinach
- 1 tsp turmeric
- 1 tbsp olive oil
- 1 slice sourdough toast

DIRECTIONS

1. Crumble and sauté tempeh with vegetables and turmeric
2. Serve with toasted sourdough

NUTRITIONAL INFORMATION

Calories: 400 / Protein 24g / Healthy Fats: 22g / Complex Carbs: 28g / Fibre: 6g
Benefits: High in isoflavones, B vitamins, and probiotics

Lunch or Dinner

WILD-CAUGHT SALMON WITH ROASTED VEGETABLES



PER PERSON INGREDIENTS

- 150g wild salmon fillet
- 2 cups mixed roasted vegetables (e.g. broccoli, sweet potato, Brussels sprouts)
- 1 tbsp olive oil
- Fresh herbs (dill, parsley)
- Lemon wedges

DIRECTIONS

1. Roast vegetables with olive oil at 200°C for 20-25 minutes
2. Bake salmon with herbs and lemon for 12-15 minutes

NUTRITIONAL INFORMATION

Calories: 450 / Protein: 34g / Healthy Fats: 25g / Complex Carbs: 28g / Fibre: 8g
Benefits: Rich in omega-3s, vitamin D, and antioxidants

Lunch or Dinner

LENTIL AND QUINOA BUDDHA BOWL (VEGETARIAN)



PER PERSON INGREDIENTS

- 1/2 cup cooked quinoa
- 1/2 cup cooked lentils
- 2 cups roasted vegetables
- 1/4 avocado
- 2 tbsp tahini dressing - see recipe next page
- Mixed seeds

DIRECTIONS

1. Cook quinoa and lentils
2. Roast vegetables
3. Assemble bowl and drizzle with tahini dressing

NUTRITIONAL INFORMATION

Without Dressing

Calories: 380 / Protein: 17g / Healthy Fats: 14g / Complex Carbs: 45g / Fibre: 14g

Benefits: High in plant-based protein, fiber, and minerals

HORMONE-SUPPORTING TAHINI DRESSING



PER PERSON INGREDIENTS

- 1/4 cup tahini (unhulled for maximum mineral content)
- 2 tablespoons lemon juice (fresh)
- 1 small garlic clove, minced
- 1/4 teaspoon ground cumin
- 2-4 tablespoons warm water (for desired consistency)
- 1/2 tablespoon extra virgin olive oil
- 1/4 teaspoon sea salt
- Optional: 1 teaspoon grated ginger (for additional anti-inflammatory benefits)

DIRECTIONS

1. In a small bowl, whisk together tahini and lemon juice until smooth (it will thicken at first - this is normal)
2. Add minced garlic and cumin
3. Gradually whisk in warm water, one tablespoon at a time, until you reach desired consistency
4. Stir in olive oil and salt
5. Taste and adjust seasoning as needed
6. Store in an airtight container in the refrigerator for up to 5 days. If it thickens when chilled, whisk in a small amount of warm water before serving.

NUTRITIONAL INFORMATION

Service size = 2 Tablespoons

Calories: 110 / Protein: 3g / Healthy Fats: 9g

Calcium: 64mg / Iron: 1.2mg / Magnesium: 28mg

Lunch or Dinner

TEMPEH STIR-FRY WITH BROWN RICE (VEGETARIAN)



PER PERSON INGREDIENTS

- 150g tempeh
- 2 cups mixed vegetables
- 1/2 cup brown rice
- Ginger, garlic
- Tamari sauce

DIRECTIONS

1. Cook brown rice
2. Stir-fry tempeh and vegetables
3. Season with tamari and serve

NUTRITIONAL INFORMATION

Calories: 430 / Protein: 26g / Healthy Fats: 18g / Complex Carbs: 45g / Fibre: 10g
Benefits: High in isoflavones, fiber, and complete protein

Lunch or Dinner



MEDITERRANEAN CHICKEN WITH HERBS

PER PERSON INGREDIENTS

- 150g organic chicken breast
- 1 cup cherry tomatoes
- 1 cup zucchini
- 1/2 cup quinoa
- Olive oil, herbs
- Greek olives
- 1/2 cup quinoa
- 2 tbsp hummus
- Fresh herbs (rosemary, oregano)

DIRECTIONS

1. Marinate chicken in herbs and olive oil
2. Grill chicken and vegetables
3. Serve with quinoa and olives

NUTRITIONAL INFORMATION

Calories: 440 / Protein: 38g / Healthy Fats: 20g / Complex Carbs: 30g / Fibre: 6g
Benefits: Lean protein, healthy fats, and anti-inflammatory herbs

Lunch or Dinner



ANTI-INFLAMMATORY FISH CURRY

PER PERSON INGREDIENTS

- 150g white fish
- 1 cup cauliflower
- 1 cup spinach
- Coconut milk
- Turmeric, ginger, spices

DIRECTIONS

1. Make curry sauce with spices and coconut milk
2. Add fish and vegetables
3. Serve with cauliflower rice

NUTRITIONAL INFORMATION

Calories: 380 / Protein: 30g / Healthy Fats: 22g / Complex Carbs: 18g / Fibre: 6g
Benefits: Anti-inflammatory spices, healthy fats

Lunch or Dinner

BLACK BEAN AND SWEET POTATO TACOS (VEGETARIAN)



PER PERSON INGREDIENTS

- 1 cup black beans
- 1 sweet potato
- Lettuce cups
- Avocado
- Fresh salsa



DIRECTIONS

1. Roast sweet potato
2. Season black beans
3. Assemble in lettuce cups

Fresh Salsa

- 2 ripe tomatoes, finely diced
- 1/2 red onion, finely diced
- 1-2 garlic cloves, minced
- 1 lime, juiced
- 1 jalapeño pepper, seeded and finely diced (optional - adjust to taste)
- 1/2 cup fresh cilantro, chopped
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground cumin
- Combine all ingredients in a bowl
- Let sit for 15-20 minutes to allow flavors to meld
- Drain excess liquid if desired
- Adjust seasoning to taste
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground cumin

NUTRITIONAL INFORMATION

Calories: 420 / Protein: 17g / Healthy Fats: 18g (mainly from avocado)

Complex Carbs: 52g / Fibre: 17g

Benefits: Plant-based protein, fiber-rich, gut-supporting

MORE INFORMATION

For you

Explaining the 'why' behind each recommendation because the sharing of knowledge a cornerstone of how I support you



IMPORTANCE OF PROTEIN - RICH FOODS AT EACH MEAL

- Adequate protein intake is essential for you as it:
 - Supports hormone production and regulation
 - Helps maintain muscle mass which naturally declines with age
 - Supports stable blood sugar levels, reducing hormonal fluctuations
 - Provides essential amino acids needed for neurotransmitter production (helping with mood stability)
 - Supports bone health which becomes increasingly important during perimenopause
 - Helps maintain healthy skin elasticity
 - Promotes satiety, supporting healthy weight management

IMPORTANCE OF ISOFLAVONE-RICH FOODS (PHYTOESTROGENS)

- During perimenopause, your body experiences fluctuating estrogen levels which can contribute to various symptoms. Isoflavones are natural compounds that can help gently support your body's hormone balance during this transition. They act as mild phytoestrogens - plant compounds that can help modulate estrogen activity in your body.
- This can be particularly beneficial for:
 - Supporting more stable mood patterns
 - Maintaining bone health
 - Managing hot flashes
 - Supporting cardiovascular health
 - Providing antioxidant benefits

IMPORTANCE OF ANTI-INFLAMMATORY FOODS

A focus on anti-inflammatory foods is crucial for your health because:

- Adenomyosis Support: Anti-inflammatory foods help manage tissue inflammation associated with adenomyosis, potentially reducing discomfort and supporting healthy tissue function
- Liver Function: These foods support your liver's natural detoxification processes, particularly important for managing Gilbert's syndrome and maintaining healthy bilirubin levels

IMPORTANCE OF ANTI-INFLAMMATORY FOODS - CONTINUED

- **Hormone Balance:** Chronic inflammation can interfere with hormone signaling and metabolism. Anti-inflammatory foods help maintain hormone balance during your perimenopausal transition
- **Digestive Health:** These foods support optimal digestion and nutrient absorption, particularly important for your fat-soluble vitamin absorption
- By including plenty of anti-inflammatory foods, we're supporting multiple aspects of your health simultaneously while managing your specific conditions.

IMPORTANCE OF MINIMISING:

Processed Foods

- **Impact on Gilbert's:** Can overwhelm liver detoxification pathways, increasing bilirubin levels
- **Impact on Hormones:** Often contain endocrine-disrupting chemicals that can interfere with hormone balance
- **Impact on Digestion:** Can burden digestive system and reduce nutrient absorption needed for hormone production

Excess Caffeine (especially after 2pm)

- **Impact on Liver:** Can stress liver detoxification pathways
- **Impact on Hormones:** Can increase cortisol, disrupting hormone balance and sleep patterns
- **Impact on Digestion:** May interfere with nutrient absorption, particularly iron and minerals needed for hormone production
- **Impact on Adenomyosis:** Can increase inflammation and discomfort

Alcohol

- **Impact on Gilbert's:** Directly stresses liver function and increases bilirubin levels
- **Impact on Hormones:** Disrupts hormone metabolism and estrogen clearance
- **Impact on Fat Absorption:** Can impair bile production and healthy fat metabolism
- **Impact on Sleep:** Disrupts sleep quality, important for hormone regulation

IMPORTANCE OF MINIMISING CONTINUED:

Added Sugars

- Impact on Hormones: Creates blood sugar fluctuations that can worsen perimenopausal symptoms
- Impact on Inflammation: Can increase inflammation, potentially aggravating adenomyosis symptoms
- Impact on Liver: Can contribute to fatty liver, impacting bilirubin processing
- Impact on Gut Health: Can disrupt beneficial gut bacteria needed for hormone metabolism

Refined Carbohydrates

- Impact on Blood Sugar: Creates rapid spikes and drops that stress hormone systems
- Impact on Nutrient Status: Lacks nutrients needed for hormone production and liver function
- Impact on Inflammation: Can promote inflammatory responses in the body
- Impact on Digestion: Can feed unhelpful gut bacteria, disrupting hormone metabolism

In summary these foods are best minimised because they can:

- Stress liver function when it's already managing Gilbert's syndrome
- Interfere with hormone balance during perimenopause
- Disrupt healthy fat digestion and absorption
- Increase inflammation that could worsen adenomyosis symptoms
- Impact sleep quality which is crucial for hormone regulation
- Burden digestive function which is key for nutrient absorption

WHY THE SLEEP OPTIMISATION & STRESS MANAGEMENT

RECOMMENDATIONS:

These sleep and stress management practices are foundational to your healing journey. Together, they:

- **Support Hormone Balance:** Quality sleep and stress management are crucial during perimenopause as they help regulate cortisol patterns, which in turn supports balanced hormone production and metabolism
- **Enhance Liver Function:** During sleep, your body performs vital detoxification processes. These practices support your liver's natural rhythm of processing bilirubin and other metabolites
- **Reduce Inflammation:** Both quality sleep and stress management help reduce systemic inflammation, supporting comfort and tissue health
- **Improve Digestion:** These practices activate your "rest and digest" nervous system, supporting optimal digestion and nutrient absorption
- **Build Physical Resilience:** Regular movement and structured relaxation help your body adapt to stress more effectively, while supporting healthy circulation and metabolism

WHY THESE SPECIFIC SUPPLEMENT RECOMMENDATIONS:

Digestezyme

For Fat Digestion & Absorption:

- Lipase enzyme specifically targets fat breakdown and absorption
- Berberis vulgaris supports gallbladder function and bile production
- Cynara scolymus (Globe Artichoke) enhances bile flow
- Taurine aids in bile acid conjugation and fat absorption

For General Digestive Support:

- Lactase helps break down lactose
- Zingiber (Ginger) reduces digestive discomfort and supports motility
- Glycine supports digestive lining health

Additional Benefits:

- Supports nutrient absorption essential for hormone production
- Aids liver function and detoxification pathways
- Helps maintain healthy cholesterol metabolism
- Reduces digestive discomfort after meals

SUPPLEMENT RECOMMENDATIONS

Calcium D-Glucarate

- Supports healthy estrogen metabolism
- Enhances liver detoxification pathways
- Aids in hormone balance during perimenopause
- Supports cardiovascular health

Spectrumceuticals SB

- Supports healthy liver function
- Enhances detoxification pathways
- Aids in hormone metabolism
- Provides antioxidant support

Eagle Vitamin D Spray

- To rectify your deficiency
- Supports bone health
- Enhances immune function
- Aids hormone regulation
- Supports mood and cognitive function

BioMedica MagDuo Adapt

- Supports stress response
- Promotes restful sleep
- Aids muscle relaxation
- Supports nerve function
- Helps regulate hormone balance

Remember that this is a holistic approach - each element supports the others.

The dietary changes support your supplement protocol, while the lifestyle practices enhance both.

Focus on gradual, sustainable changes rather than perfection.