



# HEALTH PLAN

## Samantha Jansen

### 01 FEB 2024

#### OVERVIEW

This health plan will focus on:

- Supporting digestion to reduce bloating and unwanted GIT symptoms
- Supporting the nervous system to enhance digestion and sleep
- Maintain healthy blood sugar levels
- Provide healthy food suggestions

#### DIETARY RECOMMENDATIONS

- **Include Protein with Each Meal**
  - To prevent blood sugar dips, it is important to **consume between 20-30g of protein with each meal**. Please see food lists for protein options. If you are using beans for a vegetarian option, remember to combine them with a grain for a complete protein profile.
- **Apple Cider Vinegar & Papaya/Kiwi/Pineapple**
  - If you would like some digestive support, **consume 5-10ml of apple cider vinegar just before each meal**. You can dilute it in water or make it into a salad dressing with olive oil if you like. This supports stomach acid production.
  - **Consume a small amount of papaya (paw paw), kiwi and/or pineapple with each meal**. These fruits naturally contain enzymes that can help digest your food to prevent bloating.
- **Reduce Coffee/Caffeine**
  - Although caffeine does have some health benefits, too much too often can keep your nervous system in a stress response. This affects digestion and sleep amongst other things. **Consume MAX 1 coffee (1 shot) a day, before midday**. Alternate coffee options you can try include dandelion root and mushroom coffee alternatives (avoid chicory root as it can cause bloating) or black, green and herbal tea.
- **The issue with Australian Wheat**
  - Australian wheat can contain a high amount of gluten, which can cause issues with digestion. **Picking European sourced flours and pastas can be a good alternative as it is generally lower in gluten. Avoid Durum Wheat.**



- **Continue to Avoid Dairy**

- It would be a good idea to **avoid all dairy containing foods for the next 2 weeks**. This includes any products containing milk solids or whey protein (please read labels). You can reintroduce small amounts at a later date. If you are feeling good consuming small amounts infrequently, continue as you are.

- **Diet Diary**

- Please complete the Diet Diary to the best of your ability. This is a great tool to assess food intolerances and identify connections between symptoms and foods you may not be aware of.

## LIFESTYLE RECOMMENDATIONS

- **Mindful eating** – Please see the document provided for mindful eating. Many factors are important for preparing our body to digest food. These simple tips can make a big difference.
- **Grounding and breathwork** – Take 5-10 minutes a day to stand, sit or lay on the earth barefoot (grass, dirt, sand etc) and breathe deeply. Focus on the breath and notice when your mind wanders, just slowly bring it back to the breath. This will reduce cortisol and stress, allowing better digestion and a clearer mind. I like to recommend this practice to most of my clients as it is a simple practice that provides wonderful health benefits. **Please see Breathwork document provided. There are also many YouTube videos and apps available to support you with breathwork. Note:** @the.holistic.psychologist on Instagram has some great practical advice on calming the nervous system quickly.

## SUPPLEMENTS

- NA

## TESTING

- NA

## REASSESS

- **29<sup>th</sup> Feb – 14<sup>th</sup> March (4-6 weeks)** – You can book a follow up appointment through [becbaldrywellness](https://becbaldrywellness.com) or email me directly.