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## Your Personalised Nutrition Plan

**Date:** 5/2/2024  
**Name:** Mel Pursey

### Personal Goals

- 1 Weight Loss
- 2 Get more active
- 3 Improve energy

### Nutrition Goals:

- 1 Increase water intake
- 2 Increase food intake - morning tea
- 3 Improve sleep and moods

### Supplement Prescription:

**Take supplements up until the next blood test in May 2024**

| Supplement                                    | Dose                                   | Reason                                                                                                     |
|-----------------------------------------------|----------------------------------------|------------------------------------------------------------------------------------------------------------|
| Bioceuticals D3 Drops Forte - vanilla flavour | 3 drops under the tongue daily         | high CRP levels, low vitamin D levels, reduce inflammation, improve immune system function.                |
| Designs for Health - Methyl B12 Spray         | 1 drop under the tongue in the morning | B12 deficiency, energy and mental health support, B12 deficiency anaemia, improve concentration and memory |
|                                               |                                        |                                                                                                            |

### Nutrition Prescription

| Recommendation                                                                                                    | Reason                                                                                                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Download the Easy Diet Diary App</b>                                                                           | <b>Fill out food intake of 4 days. Be as precise</b>                                                                                                                                                                               |
| Increase healthy fats: avocado, olives/ oil, nuts, seeds, fatty fish to reduce LDL cholesterol                    | Reduce triglycerides and LDL cholesterol and increase HDL cholesterol                                                                                                                                                              |
| Consume foods high in vitamin D - Salmon, fish oil, eggs, mushrooms or take a supplement to increase blood levels | Reduce inflammation                                                                                                                                                                                                                |
| Consume foods high in B12 - red meat, poultry, fish, eggs, nutritional yeast                                      | Improve energy, sleep and mental health plus prevent anaemia associated due to the deficiency of B12                                                                                                                               |
| Perform the baking soda test for stomach acid.                                                                    | Drink half a glass of cold water combined with a quarter teaspoon of baking soda, on an empty stomach. Then time how long it takes you to burp. If it takes longer than three to five minutes, you don't have enough stomach acid. |
| Include a serve of protein at every meal                                                                          | Helps to keep you full, improve muscle mass                                                                                                                                                                                        |

### Lifestyle Recommendations:

1. Aim for a 20 minute walk 2x for the next week
2. Spend at least 10 - 15 minutes in the sun daily with your arms and legs exposed - helps with vitamin D

### Meal suggestions:

See your meal guide for recipes.