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Your Personalised Nutrition Plan

Date: 15/04/24
Name: Mel Pursey

Personal Goals

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

Nutrition Goals:



- 1 Reduce salty/ sweet cravings
- 2 Improve sleep
- 3 Reduce bloating and occurrence of constipation

Supplement Prescription: Continue taking your current supplements

Take supplements up until the next blood test in May 2024

Supplement	Dose	Reason
Biocentials 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
PHGG - purchase from woolies. 	Serving size is 1 tablespoon. Can have this one to two times per day. Start with 1/2 tablespoon for one week then work up to 1 tablespoon. Drink with a large glass of water then another glass of water 30 mins after. You can add this to your morning smoothie or mixed with yoghurt.
Mood Peppermint & Passionflower Tea 	Drink 30 minutes before bed time. Brew the tea for at least 5 minutes to get the most benefit from passionflower.
Smoothie recipes.	See separate attachment.
Additional Protein with corn thins	Try (if you can) adding some tinned tuna or chicken.

Lifestyle Recommendations:

1. Aim for a 20 minute walk 2x for the next week