



16/06/23

## **TREATMENT PLAN – Nerissa Reynolds**

Congratulations on taking steps toward better health! These recommendations are made following our consultation and are individualised for you. I encourage you to commit to the dietary and lifestyle modifications and take any prescription consistently and as directed for optimal results. If you have any questions or require further clarification or support, please do not hesitate to contact:  
shelley@ellohealth.com.au

### **PRIMARY FOCUS:**

Support overall health & vitality (Improve weight, lessen headache frequency, and support hormonal balance).

### **TREATMENT GOALS:**

- Improve insulin control, blood sugar regulation & hormonal health to support weight reduction and production of estrogen and progesterone by continuing supplements and incorporating dietary changes (breakfast, coffee after food, seed cycling).
- Reduce headache severity and frequency by supplementing magnesium, seeking advice regarding potential neck strain, and supporting proper hydration and electrolyte balance.
- Restore suboptimal vitamin and minerals as identified via pathology testing by taking supplements and modifying diet.
- Investigate microbiome health and thyroid parameters to ensure optimal functioning via Nutripath functional testing.

### **DIETARY MODIFICATIONS**

- Ensure you are drinking at least 2L filtered water / day. Add an additional 500mL-1L per hour if you are excessively hot / exercising / or taking saunas.
- Take 2x beef liver capsules per day (away from zinc supplement).

- Support healthy hormone production by incorporating seeds into your diet to increase oestrogen and progesterone [this will also increase dietary zinc, b vitamins, fibre, magnesium & protein] \*add to smoothies, salads, yogurt, make crackers etc.
  - Follicular Phase [from day 1 menstruation – until ovulation \*approx. day 1 -14]: 1 x tbsp Flax seeds [these are best ground fresh] & 1 tbsp pumpkin or pepita seeds.
  - Luteal Phase [from ovulation until menstruation \*approx. day 15-28]: 1 x tbsp sunflower seeds & 1 tbsp sesame seeds.
- Try introducing breakfast to see if stabilising your blood sugar in the morning will help with weight. I suggest aiming for high protein, low carb, low sugar and try to eat within an hour of waking. If you want to exercise, try have something small before like your green smoothie made with some protein powder, berries and use frozen cauliflower instead of banana etc, then have a bigger breakfast later in the morning when you are home i.e. omelette with veggies, avocado and goat cheese;
  - 20-40g protein [2 x egg contains around 14g protein, so I suggest combining protein sources such as; pea/hemp/collagen powder in a smoothie, salmon etc]
  - No grains, starchy vegetables, legumes, or beans [chickpeas, tofu, baked beans]
  - No fruit except berries
  - No sugar or sweeteners such as honey, maple syrup etc.
  - Add some healthy snacks i.e. nut butter, coconut milk, avocado
  - Add plenty of low starch veg [think of ones that grow above ground – cauliflower, zucchini, leafy greens]
- As we discussed when having your green smoothies, I suggest buying bulk organic leafy greens and broccoli etc from the market, when you get home wash them and then blanch with boiling water [pour over the top, drain and then blend up [I often add coconut water when blending], freeze in ice cube trays ready for smoothies.
- Try to have coffee after food instead of on an empty stomach if possible as it will reduce cortisol spike and support hormonal health.
- Ensure you are washing off straight after saunas to take any toxins off the skin and topping up with electrolytes [coconut and some salt is great – the best variety is 'Celtic Sea Salt' as has the broadest mineral profile].

## LIFESTYLE RECOMMENDATIONS:

- Continue with exercise that feels good for you. If you are continuing to get neck pain, you may want to try reformer Pilates to reduce impact on the neck and back whilst still doing weight bearing exercises. Look for a class with an instructor that is also a physio as not all are.
- I am so happy that you have found some beautiful mindfulness practices to support your mental health Niss, keep doing what lights you up.

## NUTRITIONAL MEDICINE PRESCRIPTION:

BRAND / PRODUCT	BREAKFAST		LUNCH		DINNER		BEDTIME
	Dose		Dose		Dose		
	Before	During/ After	Before	During/ After	Before	During / After	
RN Labs – Zinc Picolinate				1 x slightly heaped scoop in water / juice			
Gelpro – Beef liver capsules		2 x capsules					
RN Labs - Magnesium Glycinate						2 x capsules <i>(if you feel headaches coming on or are in the week before your period take an extra 1-2 in the AM also)</i>	
Bioceuticals - Adrenoplex		2 x capsules				2 x capsules <i>(if you find this too stimulating or impacting sleep take late afternoon instead of after dinner)</i>	
Metagenics – P-Lift		1 x tablet					
Probiotics / SB & Liposomal C * Continue what you have been doing.							

### Referrals / Investigations:

- Please seek out someone to check your neck and alignment. An Osteopath would be great or maybe the 'Kelly Slater shoulder guru' guy from ocean shores that Sam recommended to Riley ages ago. He sounded like he was really good.
- I have sent you referrals for both the Microbiome Map (stool) and Thyroid Profile (serum blood) from Nutripath. You should have received a text with a link to pay for testing. It will get sent out to you with the kits and directions. Complete and send back in the envelopes provided.

You will get sent instructions with the test but as a reminder:

- 3 days before the stool test: NO ibuprofen, aspirin, probiotics, or supplements.
  - 2 days before the test: Follow your normal diet, including the following foods if possible: meat, fish, poultry, vegetables (raw and cooked), carbohydrates (potatoes, rice, pasta, bread), fats (butter, margarine, oils). If you do not eat some of these foods, you can still do the test.
- Please send your MTHFR test results to [shelley@ellohealth.com.au](mailto:shelley@ellohealth.com.au) when you find them.

### Follow-up Consultations:

I recommend rebooking in **4 weeks**, time once we have the results of your tests back.

- Let me know when you have done the tests and I'll book you back in / or book online like last time.

\* This will allow us to assess your response to the treatment, address any concerns or questions, and make any necessary modifications to support your health needs.

All the best,

Shelley Eggins - Clinical Naturopath BHSc

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**'ello Health**

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