

Sarah P Initial consult

8/6/22

38yrs.

- strategies to implement

2020 - stress, tonsillitis

antibiotics → then globus

(ENT - found nothing)

feels more right. On + off (weekly).

1/ eating behaviours (binge)

2/ constipation

3/ hormones

4/ bloating

Since 20's

sleep - ovulation - insomnia. doesn't go into deep sleep. 2-3 days - or b4 period.

exercise - resistance at home. 7-8pm.
walks / jog - hip injury.

energy - pretty good. CBT - coaching.
exercise helps.

constipation -

Stress - 8/9 - 10 - constant.
used to jog.

wine - sulphites - hot / flushed.

Globus - 18 mths. (since 2020) - reflux meds didn't improve.
(lump in throat)

DIG - bloating - w cycle - b4 period + ovulation.

- reflux - constant - something at back throat.

constipation - severe for long time.
movicol daily.

→ HCl?
? protein digestion.

Sx histamine intolerance.

none headache / migraine

- congestion / sinus - none.

- hives - none.

- digestion. - flushing.

Globus - sensation throat
(painless)

4 water

can be 4 w stress / anx.

Fri 8 July 10am.

GF options makes better. - no bloating w/ gluten. was couple yrs ago straighter after.
→ tried 18 mths.
helped constipation.
doesn't want movicol.
no other foods - stand at as aIT issues.

decaf. soothing.

powdered chai w/ milk - likes taste + stimulates pilet. (could be dairy)
(3 wk) - morning way wake.
ok w/ cheese + yoghurt.
wakes 7am.

wants to get our habit

Supps - wasn't fan.

prev mgt
felt less stressed + slept better but sleeping better now.

9-30.
9am break. not hungry in morning.
1 toast x 1 egg + 1/4 avo.

used to have 1st thing

spinach, avo egg, smoked salmon.

10:30-11am not cereal fan.

Snack choc chickpeas.
or Natural valley bar.
or apple.

12:30 or 1pm.
Lunch - teriyaki chicken, brocc, rice, (or salmon fillet ~~smoke~~)
2:30-3pm 1/2 serve rice.

Later brekkie

Gravitate's b carbs.

6pm. Snack - protein + carb. or vice versa / pasta.
similar morning - 1/2 bar + yog. or dry biscuits + cheese.

dinner - spag bol, turkey burgers, tuna pasta bake
chicken parmi, sweet pot chips.

7-8pm exercise not hungry.

w/ends - take away (pizza, occ KFC, sweet
supper - sometimes nothing. after.
ice cream / choc.

craving for sweet after meal.
binge - during wk - could have at work.
"wakes rest day off" if eat 'bad'.

breakfast:

GF (1 piece) + 2 eggs + avo (1/4).

chai or tea → alm + chai swap.

bl oat +
oats.

snack

ban + yoghurt. (savory)

apple + peanut/almond butter.

savory muffins (could have break

hummus + veg sticks. (perp).

looking
sweet after
breakfast.

+ lunch.

no sweet.

Lunch

fish (120g fillet) rice

chicken (grams) add roasted
veg.

6am.
* exercise earlier
than breakfast

Dinners -

GF list.

RECCS stress mgmt -

2 km day.

swap chai + almond milk
+ lin. powder.

(*) path blood
glucose
+ cholesterol.

① GF 1 mth.

② 4 amt protein.

③ breakfast
earlier.

④ awareness

