

Wellness Plan – Renee Laforest

3rd September 2022

Goals:

- **Improve and balance mood throughout menstrual cycle**
- **Regulate menstrual cycle by supporting hormone levels**
- **Promote regular bowel movements & reduce feelings of heartburn**

Dietary Advice:

- Continue aiming to have breakfast – even if its something small. We need to have some food in your stomach before your first morning coffee and eating breakfasts helps to stabilise our blood sugar levels and therefore energy throughout the day
- Savoury breakfast ideas include:
 - wholegrain toast with avocado and an egg
 - omelette with mushrooms, tomatoes and baby spinach
 - fried rice
 - breakfast bowls with boiled eggs, avocado, spinach, tomatoes and bacon
- Continue reducing your caffeine intake – you are doing a great job so far!

Lifestyle Advice:

- Continue increasing your exercise – as discussed, this benefits hormones and moods but is also important to promoting regular bowel movements and improving our gut health

Referral:

- Please consider seeing a dentist about your clenching and treatment for TMJ
- Please see your GP about getting some routine bloods tests done – full blood count, iron studies, TSH, vitamin D would be a great start

Prescription:

Continue taking your herbs, magnesium and B6 as previously prescribed.

Addition: Othrox HCL Capsules – take 2 capsules with breakfast, lunch and dinner

- Combination of zinc with herbs traditionally used to stimulate gastric secretions and support healthy digestion, relieve symptoms of heartburn and support a healthy appetite