

Wellness Plan – Tom Hanna

Dietary advice:

- Continue with previous dietary recommendations, paying attention to what foods trigger your symptoms and avoiding these for now – you can try reintroducing these again in a couple of months
- Ensure you are including vegetarian sources of protein into your meals when you do not eat meat. For protein in general, we are aiming for 1 gram of protein per kilo of our body weight. For example, someone how is 70kg would be aiming to have at least 70 grams of protein per day. Vegetarian sources of protein include:
 - Nuts & seeds & nut butters
 - Beans & lentils & legumes
 - Wholegrains (quinoa, buckwheat, rice, oats, rye)
 - Tofu & tempeh
 - See the last page of your Wellness Plan which includes tables breaking down how much protein per serve are in some of these foods
- Cookbook recommendations include:
 - Dr Libbys Real Food Chef
 - Dr Libbys Real Food Kitchen
 - Heal you gut: Supercharged Food by Lee Holmes
 - The Beauty Chef by Carla Oates
 - EAT by Jessica Cox
 - Elsa's Wholesome Life by Ellie Bullen (this is a vegan one)

Prescription:

- Continue with the **Herbs of Gold Gut Care** powder
 - 1 level scoop in 150ml water daily with food

- **Orthoplex MagGI Restore**
 - 1 scoop once daily in water (can mix with Gut Care powder if prefer) – make sure you have this one with or after breakfast – you want food in your stomach and you do not want to take after lunch as the B vitamins can affect sleep if taken too late in the day

- **Designs for Health ZymeGest**
 - Take 1 capsules up to 30 minutes before breakfast, lunch and dinner
 - A blend of digestive enzymes important for the breakdown of protein, fats and carbohydrates which will help support digestive function and the breakdown of food

- **Designs for Health – ProbioMed 50**
 - Take 1 capsule daily
 - High dose probiotic to repopulate your good gut bacteria as levels were shown to be low on your microbiome test. Ensuring we have a good gut bacteria will promote gut healing, aid in digestion, promote healthy stools, and improve immune and skin health also

Lifestyle Advice:

- Please continue to manage your stress. Stress has a huge impact on our gut health. The breathing exercises previously supplied are great, or you can look at incorporating something like yoga into your routine (then you have the benefits of breathing exercises and exercise in one!)

How much protein is in vegetarian foods?

Protein in raw nuts & seeds (shelled – ¼ cup)	
Almonds	7
Brazil Nuts	5
Cashews	4
Chia seeds	6
Coconut (shredded)	2
Hazelnut	5
Hemp seeds	13
Macadamias	2
Peanuts	8
Pecan	2
Pine Nuts	4
Pistachio	6
Pumpkin seeds	7
Sesame seeds	7
Sunflower seeds	8
Walnuts	5
Almond butter 2tbsp	5-8
Cashew butter 2tbsp	4-5
Peanut butter 2tbsp	7-9

Protein in beans (1 cup)	
Black beans	15
Cannellini Beans	17
Fava beans	13
Chickpeas	15
Green peas	9
Kidney beans	15
Lentils	18
Lima beans	15
Mung beans	14
Pinto beans	14
Split peas	16
Soy beans	29
Tofu (med-firm) 85g	7-12
Tofu (soft/silken) 85g	4-6
Tempeh 115g	12-20

Protein in grains (1 cup)	
Barley	5
Polenta	3
Millet	8
Oats	7
Quinoa	5
Rice, brown	3-5
Rice, white	4
Rice, wild	7
Rye	6
Cous Cous	6