

## **Wellness Plan – Fiona Lynch**

**4<sup>th</sup> February 2023**

### **Goals:**

- **Improve skin health to reduce occurrences of rosacea**
- **Support healthy weight loss**

### **Prescription:**

Please continue to take herbal mix as prescribed – 7.5ml in a small amount of water, twice a day, after breakfast and dinner

### **Continue Recommended supplements**

Metagenics Fibroplex MagActive Tablet - 1 tablet, three times a day (with meals)

Nordic Naturals Artic-D Cod Liver Oil - Take 1 teaspoon daily with breakfast

BioMedica BioActivated B – 1 capsule daily (after eating breakfast, don't have on empty stomach or after lunch)

Biome Acne Probiotic – take 1 capsule daily (either with breakfast or dinner)

### **Dietary Advice:**

- Please continue referring to the Anti-inflammatory diet handout as discussed. Start bringing in more of the fruits, vegetables, proteins and wholegrains outlined on this handout.
- Continue to increase your daily water intake aiming for 2 litres per day
- Continue to keep soft drink from your diet – even 'diet' versions
- Snack ideas
  - Nuts, seeds and dark choc mix
  - Greek or natural yoghurt – add your own fruit instead of buying flavoured versions

- Chia seed puddings (recipe in booklet previously provided)
  - Cookie dough balls (recipe in booklet previously provided)
  - Apple with peanut or almond butter
  - Hummus with veggie sticks or rice crackers
  - Popcorn (plain, salted version)
  - Pieces of whole fruit
  - Homemade fruit salad with natural or Greek yoghurt
  - Rice crackers or rice cakes with avocado & tomato or avocado and goats cheese
- 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)

#### **Lifestyle Advice:**

- Exercise! Some movement everyday is so important. Start with aiming for a 10-20 minute walk each day and we can build on this. Exercise is so important for reducing inflammation, supporting healthy digestion and moods, and ultimately this all has an effect on healthy skin
- Purchase 'Atomic Habits' book by James Clear – a great book which gives you practical steps to forming new habits and breaking bad ones!