

## **Wellness Plan – Fiona Lynch**

**5<sup>th</sup> November 2022**

### **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

### **New supplement recommendation:**

#### **Activated Probiotics – Biome Acne Probiotic**

- Take 1 capsule daily (either with breakfast or dinner)
- Beneficial probiotic strains which are targeted at skin health and reducing skin redness and inflammation

#### **BioMedica BioActivated B**

- Take 1 capsule daily – have with breakfast (do not take on empty stomach or after lunch)
- B complex to support our nervous system and energy production
- B vitamins are used for nearly every biological process in our body and are the first thing to be used when we are under stress or not getting all the nutrients we need from our diets

### **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

**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
- Ensure you are eating enough protein with your breakfast. I have included the muesli recipe as discussed. Enjoy this with some natural yoghurt, berries, and nut butter. You could sprinkle some hemp seeds on there too for some extra protein. The more protein we have, the more satisfied we feel, and are less likely to reach for the high sugar, processed snacks!

**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