



Wellness Plan – Amie – 10th September 2022

Goals:

- **Regulate hormones and help support mood and energy levels**

Prescription:

Herbal mix – chamomile, chaste tree, Paeonia, schisandra, withania – take 7.5ml with breakfast and dinner – this mix is to support hormone balance and support your nervous systems to reduce feelings of stress and irritability. It has herbs that support liver health to ensure excess hormones are being excreted, and has herbs that reduce overall inflammation and support digestion.

Sleepy herbal mix – lemonbalm, passionflower, St John's wort, zizyphus – take 10ml around 30 minutes before going to bed – this mix is targeted at improving sleep, both getting to sleep and staying asleep. It will relax the nervous system and also help feelings of overwhelm.

Ginger & Gentian Drops – take 5-10 drops in a small amount of water 15 minutes before breakfast, lunch & dinner – this will help stimulate digestion, promote hydrochloric acid and digestive enzyme production which will ensure you are breaking down your food properly so you can absorb all the nutrients, promote regular bowel motions and can help ease bloating.

Othroplex MagTaur – take 1 level scoop in a glass of water with breakfast – this is a great multi vitamin and mineral mix – it has magnesium which is important for our healthy hormones, our nervous system and should assist in relieving your headaches and B vitamins are important for healthy cycles and are also needed for energy and nervous system functioning

Activated Probiotics – Biome Daily Probiotics – take 1 tablet daily – this is a great probiotic with strains that promote regular bowel motions, healthy digestion, and enhance immune function

Dietary Advice:

- Continue to ensure you are getting enough protein with every meal, particularly breakfast as this will help stabilise energy and blood sugar levels throughout the day
- We are aiming for 1 gram of protein for every kilo of ideal body weight (protein sources include animal products like meat, dairy and eggs, as well as vegetarian sources like beans, legumes, rice, quinoa, buckwheat, nuts and seeds)
- Ensure you are drinking at least 2.5 litres of water a day – this will help regulate your bowel motions

Lifestyle Advice:

- Please keep continue with getting back into exercising
- Please avoid working on the computer in the 2 hours leading up to bed time (and phone!) –or if you have too, download f.lux software or wear your blue light glasses

Referral:

Please email me through a copy of your blood test results once you get these so I can look over them before your next appointment