



## **Wellness Plan – Jenn Chisholm**

**10<sup>th</sup> December 2022**

### **Goals:**

- **Promote gut healing and liver support to reduce nausea, vomiting and pain**
- **Support nervous system, stress and energy levels**

### **Continue with current prescription:**

#### **Orthoplex Gut-R**

- Take 1 level scoop (7 g) once daily in 200 mL water, consume immediately – have after your first meal of the day
- Specialised gut healing formula which supports digestive function and mucous membrane health
- Supports gastrointestinal & liver health and aids repair of gut wall lining

#### **BioMedica PeptEase**

- Take 1 chewable tablet, 3 times a day - have with meals
- Helps relieve symptoms of heartburn and indigestion
- Soothes the gastro intestinal tract mucous membranes

#### **BioMedica BioActivated B**

- Take 1 tablet with first meal of the day (don't have after lunch as it may affect your sleep)
- B vitamin complex to support mood, stress response and energy levels
- B vitamins are necessary for nearly every biological process in our bodies and if we are not absorbing nutrients correctly which is likely in your case, you will benefit from adding these while we start healing and improving nutrient intake through diet

### **Ginger & Gentian drops**

- Take 10 drops in 30ml of water, 15 minutes before meals
- This will help stimulate digestion and aid in the breakdown of food

### **Dietary Advice:**

- Please continue focusing on anti-inflammatory foods as per the handout
- Cookbook recommendations – these are some of my favourite cookbooks:
  - 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:**

- Managing your stress levels is really important. As discussed, stress has a big effect on our gut health via the gut-brain axis. Continue with the mindfulness exercises, your journaling and nature time. Schedule some you time into your week so you know you have a chance to switch off and get relax – even if its 30 minutes once a week. Other stress reducing techniques can include exercise, yoga, meditation, massage, getting creative, coffee date with friends

### **Homework:**

- Please send through a copy of your H pylori test results once you have them. Email to [hello@wildbloomnaturopathy.com.au](mailto:hello@wildbloomnaturopathy.com.au)