

Wellness Plan – Alyssa Chisholm

10th December 2022

Goals:

- Reduce period pain
- Support immune functioning to reduce allergies and hay fever

Prescription:

Herbal mix – take 7.5ml in 30ml of water, twice a day (breakfast and dinner) – continue taking this until all gone

Metagenics FemmeX – Take 2 level scoops in a glass of water with breakfast

- This product has a mix of vitamin, minerals and herbs which promote healthy hormone levels, and reduce pain and inflammation particularly associated with PMS

Activated Probiotics Biome Advanced – Take 1 capsule daily (as discussed, we will move onto a more cost effective probiotic after 1 round of this one which is a high dose and very specific after having lots of antibiotics)

- As you have had a high amount of antibiotics lately, it is important we give your gut bacteria a restore with good quality probiotics
- A healthy gut microbiome is essential for immune functioning and healthy hormones

Bioceuticals Quercetain – Take 1 capsule daily – increase up to 3 times a day when experiencing hay fever symptoms

- This product is an anti-inflammatory which will help reduce your allergies
- It reduces the release of histamine which causes your allergic response

- High levels of histamine is also associated with high levels of oestrogen which could be driving the pain around your periods

*****Optional - Bioceuticals UltraClean EPA/DHA – take 1 capsule with breakfast and dinner***

- Reduce inflammation and pain
- Supports healthy cognitive function and moods

Dietary advice:

- Please continue with previous dietary provided
- Quick breakfast ideas – smoothies, chia seed puddings, overnight oats
- This is an example of a good quality protein powder as per our discussion – you can get this one from Coles in Yamba. There would also be a good range at Go Vita in Grafton.
- Some smoothie recipe ideas for you:



Choc Berry Smoothie

Ingredients:

- 1-2 cups of water, coconut water or nut milk
- ½ cup of mixed frozen berries
- ½ cup of yogurt or coconut yogurt
- 2 dessert spoons of good quality protein powder
- 1 tablespoon of hemp seeds
- 1 tablespoon of ground flaxseed meal
- 1-2 tablespoons of pre-soaked chia seeds
- 1 tablespoons of cacao powder

Method - Blend all ingredients together (adding additional liquid if required for consistency).

Energy Boosting Antioxidant Smoothie

Ingredients

1 cup frozen blueberries
1/2 cup frozen strawberries
1/2 cup (packed) baby spinach
1/2 avocado
1/4 cup raw walnuts
1 teaspoon hemp seeds
2 dessert spoons of protein powder
1 cup unsweetened nut milk, coconut water or water.

Method - Blend all ingredients together until smooth and creamy. Drink and enjoy!

Greens Smoothie

Ingredients

1 cup of spinach (fresh)
1/2 cup of pineapple
1/2 avocado
1/2 mixed berries (blueberries, strawberries)
2 tablespoons of hemp seeds
2 tablespoons of pre-soaked chia seeds
2 dessert spoons of protein powder
1 cup of water or coconut water

Additional ingredients

- 1/2 a frozen banana or ice cubes
- Greens powder
- Cucumber
- Celery
- Mint
- Flaxseed meal or oil

Method - Blend all ingredients together until smooth and creamy. Drink and enjoy!

Lifestyle Advice:

- Please continue exercising 3-4 times a week. Exercise is great at reducing inflammation which can contribute to your period pain, plus promotes healthy moods and makes us feel good.
- Magnesium spray would be a great addition to help manage your pain during your cycle. You can buy this from the chemist and you just spray onto the area where you are having cramps and this will help relieve the pain. Also really great for general muscle soreness as well.

Homework:

- Please email me after your next cycle and let me know how it went including pain, mood, energy, any other PMS symptoms, length, heaviness and anything else that you think is relevant
- Email hello@wildbloomnaturopathy.com.au