



## **Wellness Plan – Phillipa**

**13<sup>th</sup> August 2022**

### **Goals:**

- **Balance hormones which will reduce excess hair and breakouts and help stabilise mood**

### **Prescription:**

**RN Labs Magnesium Glycinate – take 1 tablet with breakfast and 1 tablet at dinner**

Magnesium aids in the production of hormones including progesterone, supports our nervous system functioning and therefore supports moods, anxiety and our stress response, and it also reduces inflammation.

**RN Labs Active B6 – take 1 tablet with breakfast and 1 tablet at dinner - (we will reduce dose to 1 tablet a day after a month)**

Vitamin B6 is also effective in reducing PMS including irritability. It is essential for progesterone production, it reduces inflammation and assists in the healthy detoxification of any excess oestrogen.

**Herbal mix – Peony, Licorice, Schisandra, Withania – take 7.5ml in a small amount of water, twice a day with meals**

This mix will help regulate hormone levels, promoting the production of progesterone and reducing excess androgens. It has herbs which help support our nervous system and can help us deal with the ups and downs of stressors better. It also has some liver support which

will ensure we are getting rid of any excess levels of oestrogen, which when high will also lower our progesterone levels

### **Dietary Advice:**

- Please ensure you are eating enough every day to help stabilise your energy levels, but also to ensure you have enough calorie intake to promote healthy, regular cycles. Aim for 3 meals per day. Ensure to include protein with every meal and particularly breakfast as this will help stabilise energy and blood sugar levels throughout the day. This could be as easy as protein powder in a shake if you are not feeling overly hungry on waking. Eating enough carbs is also important for healthy cycles (think good quality grains, fruits and starchy vegetables). You should be aiming for the following:
- 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)
- 100-150 grams of carbs per day (looks like a serving a porridge, 2 potatoes, small serving of rice, & 3 pieces of fruit per day)
- Ensure to also include good fats including avocado, salmon, nuts, seeds

### **Lifestyle Advice:**

- Basal temperature charting - please take your temperature with a digital thermometer (with at least 1 decimal point) every morning as soon as you wake up and before you get out of bed or drink anything. Basically, the first thing you do on waking, then record on the tracker. This is to help us figure out if and when you are ovulating. There will be a slight increase in temperature when you ovulate and this will remain for 2 weeks until you are due for your period. Please do this for the next

3 months throughout this treatment period. There is also a page which tracks menstrual symptoms. If you prefer to track it in your app continue to do that.

- Start easing back into your exercise – exercise has such a beneficial result on our moods plus it is also essential for healthy hormone production