

Wellness Plan – Mel Moreman

Goals:

- **Gut healing & regulating bowel motions, while supporting weight loss & maintaining good moods and healthy cycles**

Testing Results:

Results	What this means?	How to improve result?
Low Iron (chronic)	Iron is required for energy production, neurotransmitter synthesis (so our moods & cognition), bone health, immune functioning and healthy skin & nails. Heavy menstrual bleeds can be a cause of chronic low iron levels, however it is often a sign that we are not absorbing iron due to low stomach acid, poor digest enzymes, dysbiosis of gut bacteria and inflammation. Absorption can also be affected by coffee, tea, sugar, chocolate & dairy intake. Celiac disease is also a cause of low iron & it is recommend you ask your GP for celiac testing to rule this out.	As your levels are very low, supplementation is recommended (we want to see your ferritin over 30 – currently 17). Please see information below about this. Avoid coffee, black & green tea, red wine, chocolate & dairy products 2 hours either side of iron supplementation as they can inhibit absorption. Include vitamin c rich foods as they increase absorption. Continue working on improving gut health to enhance absorption.

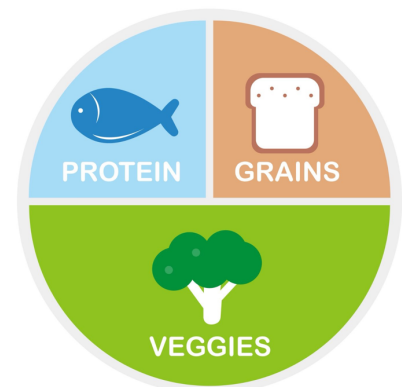
Low Vitamin D	Vitamin D is required for healthy bones & teeth, immune functioning, hormone production & healthy menstrual cycles, reducing inflammation, good moods & sleep. It is often due to low sun exposure on our skin as this is its main source. Alcohol intake, inflammation & gut issues can also increase demand thereby lowering our stores.	Your Vitamin D levels are currently at 51 – ideally we want to see these over 70. Supplementation is recommended – see below. Safe sun exposure is also recommended. Get some skin out in the sun for 10 minutes without sunscreen before the heat of the middle of the day. Our thighs and stomach have the most vitamin D receptors so bonus points if you get them out!
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Other notes – fasting insulin was pretty good though hoping as we improve diet this will improve further. Some other results do indicate there is some inflammation going on. There could be numerous reasons driving this including diet (sugar, processed foods), food intolerances or allergies, overgrowth of bad gut bacteria, not digesting food properly, some intestinal permeability (leaky gut). The aim is to see these markers decrease as we improve diet and improve gut health. We can also consider the GIT Microbiome Mapping that I have previously spoken to you about which would give us a thorough understanding of what is going on – something to consider, and maybe start saving towards!

As discussed, the vaginal microbiome test does show an overgrowth of some of the aerobic pathogens and a high pH then we like to see. This combined with lowered Lactoballicus species (the good guys) gives the chance for these bad guys to grow. We want to push them out by increasing Lactoballicus intake, increasing vitamin D, reducing inflammation and support vaginal tissue integrity.

Dietary Advice:

- Please refer to the anti-inflammatory diet handout provided → this diet is based on the Mediterranean Diet and has a focus on increasing foods which reduce inflammation while reducing foods which promote it. It focuses on whole foods, increased fibre, high vegetable intake, while reducing sugar & processed foods.
- Continue to reduce sugar in your diet. Avoid all desserts, sweet biscuits, chocolate, soft drinks, fruit juice, packaged cereals, sweetened yoghurts, ice-creams, muffins, dates for now
- Ensure you are having protein and good fats with every meal to help reduce sugar cravings
- Take 1 teaspoon of slippery elm daily in 200ml of water (or mix into a smoothie). You will need to drink it straight away as it will start to go thick. Slippery elm is great at regulating and promoting good bowel motions and reduces inflammation without our gut
- Your plate should be $\frac{1}{4}$ protein, $\frac{1}{4}$ whole grains or starchy vegetables and $\frac{1}{2}$ vegetables



Food Swap ideas:

- Biscuits, freddo frogs, chocolate → swap to minimum 70% dark chocolate, cookie dough bites (recipe provided), fresh fruit with natural yoghurt, Nutra Organics collagen drink (will add to Vital.ly prescription)
- Battered fish → swap for grilled or oven baked
- Hot chips → swap for home made potato chips (cut up potato, sprinkle with a little olive oil, salt & pepper and cook in oven at 230 degrees for 20 minutes, turn then cook for another 15 minutes till golden brown)
- Store brought pizza → swap for homemade pizza on Lebanese bread (put tomato paste on the bottom, top with your favourite toppings, sprinkle a little bit of cheese)

- Chicken schnitzel → swap for grilled or oven baked chicken
- Sausage rolls → swap for homemade mini quiches
- Pasta → swap for legume or buckwheat pasta (red lentil pasta, chickpea pasta)
- Bread → swap for good quality brands at your local health food store (sourdough or gluten free)
- Black tea → swap for herbal teas (spearmint tea has been shown to reduce androgens which drive acne & excess hair growth; ginger tea is great for our digestion, chamomile tea is great before bed to help calm us down, dandelion tea is great if you like a similar coffee taste)

Lifestyle Advice:

- Exercise is so vital in helping reduce inflammation, improve our moods, improve our gut functioning and reduce stress. Please make the time to go for a walk, even 20 minutes 2-3 times a week.
- Please see the included Mindfulness handout → this has some super quick mindfulness exercises on it which are great to do when we are feeling overwhelmed, or to relax before going to bed etc. Try these out and let me know at the next appointment how you felt after doing them.
- Atomic Habits is a book by James Clear – it is a practical guide on how to create good habits & break bad ones, a little step at a time. Recommended for some great mindset and motivation techniques to help make changes.

Other:

- Recommend the following next time you speak with GP → celiac testing to rule this out, B12 and folate
- Purchase a pill box to help you to remember to take your supplements – even if some of them are powders or liquids, having the box there with your other tablets will remind you to take them all

Recommended prescription:**Metagenics Calm X**

- Reduce to 1 scoop per day as discussed

ZymeGest

- Take 2 capsules up to 30 minutes before a meal
- Take until finished then start with ginger and gentian drops provided (take 10-15 drops in a 30mls of water 15 minutes before breakfast, lunch & dinner)

Ultraflora Intensive Care

- Take 1 capsule with breakfast and dinner until finished then replace with Activated Probiotics Biome Her (1 capsule daily – this is the probiotic which is targeted at increasing those good vaginally microbiome we discussed)

BioMedica BioHeme

- Take 1 capsule daily with dinner
- Iron supplement with highly absorbable form of iron
- Also contains vitamin C to increase absorption
- Take for 3 months then retest iron levels

Bioceuticals Alpha EFA

- Take 2 capsules daily with food
- Contains seabuckthorn oil & vitamin E to improve vaginal tissue integrity
- Take for a minimum 8 weeks

PLUS OPTION 1 (con = more expensive; pro = only one supp. so many gut love nutrients all in one product)

Orthroplex Gut-R

- Take 1 level scoop (7 g) once daily in 200 mL water, consume immediately
- Take after breakfast
- Supports digestive function, mucous membrane & immune health
- Supports gut health and aids in repair of the gut wall lining
- Reduces inflammation in the gut
- Also contains vitamin D

OR OPTION 2 (con = 2 products instead of one, not as many benefits as combo listed above; pro = cheaper)

Metagenics D3

- Take 1 tablet daily with food

Slippery elm powder

- 1 tsp per day in water or smoothie (purchase from health food store)
- Protects and encourages healing of the gut

Supplement	Breakfast	Lunch	Dinner	Before Bed
CalmX	1 scoop			
Ginger & Gentian drops	15 drops (15 minutes before)	15 drops (15 minutes before)	15 drops (15 minutes before)	
Biome Her Probiotics				1 capsule
BioMedica BioHeme			1 capsule	
Bioceuticals Alpha EFA	2 capsules		2 capsules	
Herbal Mix	7.5ml after meal		7.5ml after meal	
Option 1 – Gut-R	1 scoop			
Option 2 – Vitamin D	1 capsule			
Option 2 – Slippery Elm Powder	1 tsp in water or smoothie			