

## **Wellness Plan – Angela Churchill**

### **Goals:**

- **Weight loss & pre-diabetes management**
- **Improve energy levels**

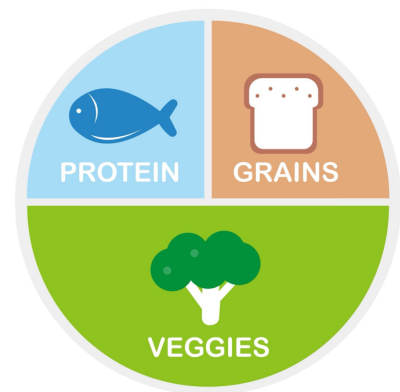
You are showing signs of insulin resistance. Insulin is a hormone made by your pancreas, which stimulates your liver and muscles to take up sugar from your blood and convert it to energy. Insulin resistance occurs when these cells are no longer responding to insulin as it should, so your pancreas makes more and more of it to try and get it to do what it needs to do, however you end up with high levels of insulin in your blood. This can contribute to inflammation which can lead to weight gain, and contribute to feelings of fatigue. Insulin resistance is driven by sugar consumption, but can also be driven by stress, hormonal birth control such as the pill, alcohol, unhealthy gut bacteria, magnesium deficiency and environmental toxins.

### **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.
- Our aim is towards removing all sugar from your diet for now. Sugar consumption is the biggest driver of insulin resistance & diabetes. You can continue to have whole fruit (2-3 serves a day) but please avoid all desserts, sweet biscuits, chocolate, soft

drinks, fruit juice, packaged cereals (porridge is fine), sweetened yoghurts, ice-creams, muffins, dates and date balls for now. Once your insulin is normal, you will be able to go back to having the occasional dessert. Quitting sugar can be difficult but please consider the following steps to try and make it as easy as possible for yourself:

- Eat full, satisfying meals that include protein (meats, seafood, eggs, nuts, seeds, legumes, pulses), starch (potatoes, rice etc) and good fats (olive oil, avocado, oily fish, nuts, seeds)
- Do not restrict calories (or you will end up reaching for sweet snacks)
- Pick a start date and go from there
- Go cold turkey for 4 weeks and know that intense cravings subside after 20 minutes and all cravings should subside after seven days
- Magnesium helps reduce sugar cravings – please see below recommendation
- Know that you are ok and its normal to crave sugar – but you are strong and can get through these cravings
- Your plate should be  $\frac{1}{4}$  protein,  $\frac{1}{4}$  whole grains or starchy vegetables and  $\frac{1}{2}$  vegetables



**Lifestyle Advice:**

- Please see the included Mindfulness handout → this has some super quick mindfulness exercises on it which are great to do when we are feeling worried, stressed 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:**

- Please complete diet diary and email through before your next appointment
- Please send through a copy of your blood test results once you have them

**Functional Testing Recommendations:**

**Complete Microbiome Mapping - \$367.00 (plus \$23 postage & handling)**

This is a very comprehensive functional test that we can recommend in cases where we see gut dysfunction. It gives us an in depth understanding of one's microbiome, focusing on microbes that can cause disease and contribute to illness. It tests a wide range of targets including pathogenic bacteria, opportunistic pathogens, fungi, viruses and parasites, and considers immune and digestive markers as well. It is great to consider for people suffering from IBS, unexplained abdominal cramps/pain, fatigue, headaches, leaky gut symptoms, constipation, diarrhoea, allergies and general feelings of weakness and exhaustion.

**Recommended prescription:**

**Orthroplex MagGI Restore**

- Take 1 scoop in water after breakfast
- This is a great multivitamin & nutrient mix which will be a great start to boost some depleted nutrients while we await your test results – once we have these we can do a bit of fine tuning if required
- It include magnesium which we need for energy production, its needed for good nervous system functioning and has a positive effect on our moods, it can help sleep and can also help headaches and reduce sugar cravings
- B vitamins are needed for energy production and our stress response

- It contains chromium and inositol which will help increase your cell sensitivity to insulin (we may need to look at increasing the dose of these depending on your results)
- Zinc to improve digestion, immune functioning and skin health
- Nutrients like glutamine and vitamin D to help reduce inflammation and promote gut healing

### **Ariya PHGG**

- Take 1/2 scoop, once a day in a large glass of water (would recommend having with breakfast or dinner) – monitor for any flare up of gastrointestinal symptoms – after a week if no issues, please increase to 1 full scoop
- Provides fibre to promote regular bowel motions and reduce constipation
- Helps control the glycaemic index of foods
- It is a prebiotic which feeds the good bacteria in your gut