

## **Wellness Plan – Susan Taylor**

**16<sup>th</sup> July 2022**

### **Goals:**

- To reduce skin breakouts and reduce weight gain by modulating hormones and promoting insulin sensitivity
- Increase energy and reduce stress and irritability by supporting the nervous system

As discussed, 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 it can also stimulate your ovaries to make higher level of androgen hormones, and high androgens drive acne production. 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 remove all sugar from your diet for now. Sugar consumption is the biggest driver of insulin resistance. 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 to continue), 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:

- Get enough sleep – sleep reduces sugar cravings
- 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

#### **Lifestyle Advice:**

- Continue with your exercise and meditation and mindfulness practices – these will help in reducing sugar cravings and exercise will help to sensitise your muscles to insulin

#### **Prescription:**

- ***Herbal mix – Paeony, Chaste Tree, Siberian Ginseng, Schisandra***
  - Paeony & Chaste Tree - these will help to regulate hormone levels and reduce androgen levels which drive acne and contribute to insulin resistance
  - Siberian Ginseng is great at supporting energy levels and reversing feelings of fatigue without being over stimulating – it's a great overall tonic for the body

- Schisandra is a herb that helps with so many things – it protects & ensure our livers are working optimally and therefore excreting excess hormones, is indicated in fatigue and helps to support our moods
- ***MagTaur Xcell – 400gram tub is \$82.75 (is around 40-45 days worth)***
  - This is a great supplement which contains a whole heaps of vitamin and minerals targeted at supporting energy production including magnesium, taurine, B vitamins and zinc.
  - *Zinc* – this is indicated in acne as it helps to reduce androgens and regulate hormones and is needed for general skin health, gut health and immune functioning
  - *Magnesium* – super helpful in reducing sugar cravings, reduces insulin resistance, supports our nervous system functioning and energy, and helps us to stay asleep
  - *Taurine* – improves insulin sensitivity, is great for liver health and supports our stress response

#### **Referral:**

- Please see your doctor and discuss the possibility about getting a health check as you have been experiencing increased fatigue, mood changes, cold extremities and have periods of extra hair loss. Explain that you thought it might be beneficial to get some blood tests including a full blood count, iron levels and thyroid. Once you get the results, please ask your doctor for a copy and email them through to me. It is also worth mentioning to your doctor that you sometimes have blood in your stools. This should be monitored by your doctor and they will advise if they think any further testing needs to be done for this.