

Wellness Plan – Mel Moreman

Goals:

- **To gain an understanding of what's going on including cycle and moods**
- **To regulate cycle**
- **Continue working on improving insulin resistance**

To do:

- GP Blood tests – iron, vitamin D and possibly ask if she could test your cholesterol and fasting insulin (fasting insulin will tell us exactly where we stand in regards to insulin resistance – the driver of your PCOs) – please get a copy of the results and email them through to me before your next appointment
- Please complete Vaginal Microbiome test – you will receive another email from Nutripath in regards to this and the referral
- Please complete one week of the diet diary that I gave you – please email through to me once you have completed this

Dietary Advice:

Continue removing all sugar from your diet. Sugar consumption is the biggest driver of insulin resistance. We will continue working on making swaps for better choices in your current diet. Please ensure you are having enough protein with each meal – this will help reduce your sugar cravings and help improve those energy levels. Protein is also super important for our moods as it provides the amino acids we need for an optimal functioning nervous system and hormone production. You should be aiming for 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)

- Refer to breakfast and lunch recommendations previously provided
- We will work on building some meal plans for you
- Avoid all desserts, sweet biscuits, chocolate, soft drinks, fruit juice, packaged cereals, sweetened yoghurts, ice-creams, muffins, dates for now
- 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

Remember:

- 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)
- Know that intense cravings subside after 20 minutes and all cravings should subside after seven days
- Know that you are ok and its normal to crave sugar – but you are strong and can get through these cravings

Other:

- Please try bamboo undies → Bamboo has natural anti-microbial properties and is a more breathable product which helps to promote vaginal health – check out Vee Underwear – they have some nice options and their website gives you some more info as to why bamboo underwear is so beneficial
- <https://veeunderwear.com/>

Recommended prescription:

Continue with Metagenics Calm X – Take 2 level scoops in water with breakfast

ZymeGest – take 2 capsules up to 30 minutes before a meal – as discussed, its better to take these even 5 minutes before your meal then not at all

Ultraflora Intensive Care – take 1 capsule with breakfast and dinner