

Wellness Plan – Caitlin Cunningham

17th December 2022

Goals:

- **Reduce hormonal acne and improve gut health**

Prescription:

- ***Activated Probiotics – Biome Acne Probiotic***
 - Take 1 capsule daily
 - Probiotics strains which are specific to reducing the symptoms of acne, skin redness and overall skin health
- ***Orthoplex White MagGI Restore***
 - Take 1 scoop daily in water (with breakfast)
 - An amazing multivitamin which promotes gut healing and digestion, healthy hormone production, and supports mood and energy

Dietary Advice:

- As discussed, we need to ensure we are eating healthy, regular meals to ensure we are producing healthy hormones and to stabilise our energy throughout the day. Please ensure you are eating breakfast, lunch and dinner every day. If you are short on time, smoothies with a good quality protein powder such as the Raw protein you can get from Coles (pictured here) is a quick easy option for when you are on the go.



- Please find attached the anti-inflammatory diet handout we discussed, along with a handout with some of the recipes for the suggested meals. This is about bringing more healthy, good quality foods into our day with a focus on wholegrains, fruits, vegetables, and protein.
- Please remove dairy from your diet for now. Dairy is very inflammatory and is a common aggravator of acne. From the stomach issues you are experiencing when you have dairy, this sounds like it is a trigger for you so best avoided. You may be able to enjoy small amounts of goat or sheep dairy as these are usually easier to digest as the protein in them is a little different to cows dairy.

Lifestyle Advice:

- Once your knee is up to it, please increase your exercise to 3-4 times a week. Exercise is great at helping to reduce inflammation, support healthy moods and energy levels, and promote good gut health.
- Please start tracking your period and symptoms either using the handout provided, or by downloading one of the many apps available. Flo, Daisy, Life are some good apps which are available.

Referral:

- You will receive a referral from i-screen for hormone testing as discussed. Please get this done on the second day of your period if possible (the instructions will say 7 days before your period but please ignore this). Please do this test fasting (so best to do in the morning, before having breakfast). We will go over these results at your next appointment.