

## **Wellness Plan – Marika**

**19<sup>th</sup> November 2022**

### **Goals:**

- **Install good routines and habits to improve energy and promote weight loss**

### **Prescription:**

- **Orthoplex White MagTaur**
  - Take 1 level scoop once daily in a glass of water – take with breakfast
  - Do not have on an empty stomach or after lunch as the B vitamins may affect your sleep if taken too late
  - This is a great product with a range of nutrients and vitamins including magnesium, B vitamins, zinc and glutamine. This will help improve energy levels, support healthy moods, support gut health & immune function, and also has benefits for cardiovascular function
- **Activated Probiotics – Biome Daily**
  - Take 1 capsule daily (take in the evening)
  - This is a great overall probiotic to support and improve gut and immune health
- **Orthoplex Green Vitamin D**
  - Take 1 capsule daily with breakfast
  - Promotes good bone health, immune system functioning and important for reducing inflammation and supporting healthy moods

### Dietary Advice:

- As discussed, please find attached to this email a copy of my Anti-Inflammatory Diet handout along with some recipe ideas. This is based off the Mediterranean diet and focuses on increasing the amounts of healthy food options, while reducing those not so good options
- Let's start decreasing the amount of alcohol you are having. Some ideas to help with this is make your wine into spritzer, so half wine, half soda water. Or instead of a wine, have a soda water and fresh lime instead. There are also a ever increasing range of alcohol free options available. You may want to try a few of these. Please aim for 2 alcohol free nights a week
- Please increase your water intake aiming for 1.5-2 litres per day. Having enough water will ensure you are flushing your body of toxins, as well as ensuring you are not getting dehydrated. The more caffeine and alcohol we have, the more water we need to drink. Other ways to get fluids in include soda water, herbal teas, or jazzing up our water with mint leaves, berries or fresh lime
- Please ensure you are having enough protein every day. As we age we require additional protein to compensate for age-related changes in our metabolism, and to counterbalance inflammation and encourage stable energy levels throughout the day. Protein sources include meats, seafoods, nuts, seeds, hummus, beans, legumes, nut butters, eggs, dairy products, tofu. You can also look at adding in a protein powder in a smoothie if you are struggling to get enough protein in. I prefer this Raw Protein brand that you can get at Coles:
- Increase the consumption of essential fatty acids in the diet - essential fatty acids, in particular omega 3, aid in reducing inflammation, supports mood and cognition- it is recommended to eat fish 3-4 times per week (salmon, cod, mackerel) - other sources include flaxseed oil, evening primrose oil, purslane, rapeseed oil, seaweed, tofu, walnut oil, wheat germ oil



**Lifestyle Advice:**

- Please continue with your exercise and movement. Exercise is great for our bodies – helping to reduce inflammation, support weight loss, improve gastrointestinal function, improve gut health and support healthy moods. The social aspects of the dance classes is also super beneficial for these things too.