

Wellness Plan – Susan Taylor

20th August 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
- Continue to improve insulin resistance

Dietary Advice:

- Continue to remove all sugar from your diet for now. Sugar consumption is the biggest driver of insulin resistance. 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. 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)
 - Go cold turkey for 4 weeks and 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

Lifestyle Advice:

- No Pong Bicarb free version for deodorant <https://www.nopong.com.au/product-range/> - this might be a nice alternative to your current deodorant and hopefully reduce the rash you are experiencing in this area

Prescription:

Continue with the MagTaur Xcell – Take 1 level scoop (9.36 g) once daily in water with breakfast.

Continue with your herbal as prescribed

Ginger and Gentian drops – please have 5-10 drops in a small cup amount of water, 15 minutes before breakfast, lunch and dinner – this will help to stimulate your digestive acids, bile and enzymes required to affectively break down food and will help in reducing bloating

Ferro Supreme – take 2 capsules with dinner every second day (if this is too much to remember, just take 1 capsule every night with dinner instead) – this is an iron supplement in a very form which is easy on the digestive system and is combined with vitamin C to improve absorption