

Wellness Plan – Mel Moreman

Goals:

- **Gut healing & regulating bowel motions, while supporting weight loss & maintaining good moods and healthy cycles**

Dietary Advice:

- Continue using the Anti-inflammatory diet handout I sent after last appointment to help with better food choices in your day to day diet
- Continue to reduce sugar in your diet. Avoid all desserts, sweet biscuits, chocolate, soft drinks, fruit juice, packaged cereals, sweetened yoghurts, ice-creams, muffins, dates for now
- Ensure you are having protein and good fats with every meal to help reduce sugar cravings
- 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 formed bowel motions and reduces inflammation without our gut
- Psyllium husk is also a great food based product to help firm up stools. Drink in water, add to smoothies, sprinkle on cereal or yoghurt
- Continue to make time to do food prep as discussed. When healthy food options are there ready to go, you are more likely to make good choices. Plus taking a small chunk of time out to do food prep say on a Sunday afternoon, reduces the time you need for meal prep during the week

- Yarrow tea is a good one to drink to help reduce heavy periods. It can be quite bitter but its been shown to help regulate menstruation as it has a drying / astringent action to the blood vessels

Lifestyle Advice:

- Continue to try and bring some exercise into your routine. Please make the time to go for a walk, even 15 minutes 2-3 times a week.
- Atomic Habits is a book by James Clear – it is a practical guide on how to create good habits & break bad ones, a little step at a time. Recommended for some great mindset and motivation techniques to help make changes.

Other:

- Purchase a pill box to help you to remember to take your supplements – even if some of them are powders or liquids, having the box there with your other tablets will remind you to take them all
- Set alarms to help you remember to take your supplements

Recommended prescription:

Metagenics Calm X

- Stop taking once empty or when you start taking Metagenics Femmex (do not use Femmex & Calm X at the same time)

Metagenics FemmeX

- Take 2 level scoops, twice daily in water (200ml)
- This product helps support healthy hormones, stress response and gut health

Ginger & Gentian drops

- take 10-15 drops in a 30mls of water 15 minutes before breakfast, lunch & dinner

Activated Probiotics Biome Her

- Take 1 capsule with breakfast or dinner

BioMedica BioHeme

- Take 1 capsule daily with breakfast

Orthroplex Gut-R

- Stop taking this for now and replace with the slippery elm powder as discussed above → if after a couple of months taking the Femmex and slippery elm, you still feel you need more gut support, we can bring this back in

Eagle Vitamin D3 spray

- 1 spray daily with food

Designs for Health B12 spray

- 1 spray daily – spray directly onto inner cheek or under tongue
- Best held in mouth for 30 seconds
- Best taken on empty stomach
- Once start Femmex take this every second day

Shepherds Purse (liquid herbs)

- To be taken when bleeding to reduce amount
- Take 1ml (around 20 drops if you have a dropper) in a small amount of water from day 2 of your cycle
- Take 3 times per day during your cycle
- Ideally we are looking at reducing the amount of blood, but also the length of your cycle (aiming to get down to around 5 days of bleeding)
- We start dosing at day 2 as we still want your body to pass what it needs too
- If you have mid cycle breakthrough bleeding you can also dose on these days to help reduce this

Supplement	Breakfast	Lunch	Dinner	Before Bed
Ginger & Gentian drops	15 drops (15 minutes before)	15 drops (15 minutes before)	15 drops (15 minutes before)	
Biome Her Probiotics				1 capsule
BioMedica BioHeme	1 capsule			
Metagenics FemmeX	2 scoops		2 scoops	
Eagle Vitamin D3	1 spray			
Slippery Elm Powder	1 teaspoon in water or smoothie or in Femmex			
B12	1 spray (empty stomach)			