

Wellness Plan – Fiona Lynch

22nd October 2022

Goals:

- **Improve skin health to reduce occurrences of rosacea**
- **Support healthy weight loss**

Prescription:

Please take herbal mix as prescribed – 5ml in a small amount of water, three times per day, after breakfast, lunch and dinner

Recommended supplements (watch out for email from Vital.ly)

Metagenics Fibroplex MagActive Tablet

1 tablet, three times a day (with meals)

This supplement contains magnesium, zinc, chromium and B6 – these nutrients will help your cells become more sensitive to insulin, decrease sugar cravings, support energy and your nervous system, and support your skin health by reducing inflammation, supporting immune function and gut health.

Nordic Naturals Artic-D Cod Liver Oil

Take 1 teaspoon daily with breakfast

This mix is full of omega 3 and vitamin D which will help reduce inflammation, improve immune regulation, improve cell receptivity to insulin and support gut healing and function.

Dietary Advice:

- Please find attached to your email the Anti-inflammatory diet handout as discussed. Please read through this and start bringing in more of the fruits, vegetables, proteins and wholegrains outlined on this handout. I have also attached some recipes that you may like to try!
- Please increase your daily water intake. Ideally we are wanting to be drinking a minimum of 2 litres of water per day. Herbal teas (non-caffeinated) are included in this so include these if you find this easier to drink. You can even make an iced tea from steeping herbal teas in hot water then putting in the fridge for a couple of hours to cool down. You can also add lemon, lime, mint leaves or berries to your water if this helps
- Please remove soft drink from your diet – even 'diet' versions as these are full of artificial sweeteners which come with their own problems and can contribute to gut problems
- Please ensure you are eating enough each day – breakfast, lunch and dinner – all with some source of protein. Protein is made up of amino acids which are important for our energy, digestion, immune system, skin and moods. Eating protein, especially at breakfast helps to ensure our energy levels remain constant all day and supports healthy blood sugar levels. The more protein we have, the more satisfied we feel, and are less likely to reach for the high sugar, processed snacks!

Lifestyle Advice:

- As discussed, please start exercising. Some movement everyday is so important. Start with aiming for a 20 minute walk each day and we can build on this. Exercise is so important for reducing inflammation, supporting healthy digestion and moods, and ultimately this all has an effect on healthy skin

Homework:

- Please complete diet diary as discussed and send through to my email prior to your next appointment – please include as much detail as possible