

Wellness Plan – Fiona Brown

22nd October 2022

Goals:

- **Recover from possible post viral fatigue**
- **Improve energy & encourage weight loss**
- **Feel positive by supporting nervous system health**

Prescription:

As discussed, I will update you on recommendations over the next day or two. I just want to double check to ensure no sulphur so need to double check some research.

Dietary Advice:

- 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 and healthy moods. Also the more protein we have, the more satisfied we feel, and are less likely to reach for snacks between meals.
- Please find attached to your email a handout about the Anti-inflammatory Diet and some recipes. This is something I have put together and is based on the Mediterranean Diet and encourages high intake of fruit, vegetables, proteins and wholegrains. Its fibre rich and incorporating these foods into our diets will have reduce inflammation, support digestion and gut function, promote healthy immune functioning and healthy moods. Please note this does list foods which include gluten and most likely sulphites too so please only eat the things you know do not trigger reactions.

- Some protein rich breakfast ideas include:
 - Good quality gluten free toast with avocado and goats cheese (or eggs but unsure if you can tolerate these with the sulphur?)
 - Chia seed pudding (see recipe included)
 - Overnight Oats (see recipe included – only if you can tolerate oats – you can buy ones from the health food shop which are not meant to be in contact with gluten containing grains)
 - Smoothie including protein powder, berries and hemp seeds – use a good quality protein powder like Amazonia Raw Protein which you can get at Coles, or the Prana On Plant Protein Shake which you can get at Woolworths

Lifestyle Advice:

- As discussed, please continue with your yoga and horseriding. Exercise is so important for reducing inflammation, supporting healthy digestion and moods.

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 – you can do one week with your current diet including keto coffee, then do a second week where you have replaced the keto coffee with a protein rich breakfast instead
- Please send through a copy of your recent blood tests results once you get them