

## **Wellness Plan – Phillipa**

**24<sup>th</sup> September 2022**

### **Goals:**

- **Balance hormones which will reduce excess hair and breakouts and help stabilise mood**

**Prescription – continue with supplements and herbs – you should be able to jump back onto Vital.ly and do another order when these start running low:**

RN Labs Magnesium Glycinate – take 1 tablet with breakfast and 1 tablet at dinner

RN Labs Active B6 – reduce to 1 tablet with breakfast

**Herbal mix – Calendula, Chaste Tree, Peony, Licorice, Schisandra, Withania – take 7.5ml in a small amount of water, twice a day with meals**

Same mix as last time however I have added some calendula which is a gentle anti-inflammatory and is really good for our skin health. Chaste Tree has also been included which is great at supporting ovulation, increasing production of progesterone (our feel good hormone) and will help reduce PMS symptoms including sore breasts and altered mood.

### **Dietary Advice:**

- Incorporate a daily spearmint tea into your routine – spearmint tea has been shown to help reduce androgens which will help reduce skin breakouts and facial hair

- Please continue to ensure you are eating enough everyday including protein and good fats with each meal – good fat examples include avocado, nuts, seeds, nut butters, salmon
- I have attached some recipes for some protein rich snacks which you may like to try
- Please avoid sugar as much as possible to help improve any insulin resistance that may be going on – this involves only eating whole fruit sources of sugar for now – when our cells are not responding to insulin like it should, it has a run on affect to our hormones which affects healthy periods and increases androgens leading to skin breakouts and excess hair
- Yoghurt suggestion – try Meredith Dairy Goats Natural Yoghurt – you can get it from the Spar in Maclean – it's a great alternative to cows yoghurt as goats dairy is usually digested a lot easier and is not as inflammatory

#### **Lifestyle Advice:**

- Continue with basal temperature charting
- Continue easing back into your exercise
- Continue to carve out some self-care time for you – as an empathic person it is so easy to put everyone else first like you have recognised – make sure you are putting yourself first and getting in some things that fill your cup too!
- Try the 5,7,8 breathing exercise when feeling a little irritable – it's a super quick breathing exercise which can just bring us back into our calm state really easily – simply breathe in for 5 counts, hold your breathe for 7 counts, then breathe out slowly for 8 counts. Repeat at least 5 times