

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
- Chia seeds are also a great food source to help promote formed stools – if you do not like the texture, you can incorporate them into smoothies or add them to your cookie dough balls
- 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

- I have attached a booklet about digestion that I thought you (and maybe Jeremy) would be interested in reading through at some point – it just has a lot of great information about why gut health is so important and the things we can do to help improve our gut day to day
- If drinking over the Christmas holidays your best options is vodka with soda water, fresh lime and mint. You can always swap out alcoholic drinks for kombucha, or there are also a heap of good non-alcoholic wines and spirits you can get too

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

- Reduce to 1 scoop per day as discussed

Ginger & Gentian drops

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

Ultraflora Intensive Care

- Take 1 capsule with breakfast and dinner until finished then replace with Activated Probiotics Biome Her (1 capsule daily – this is the probiotic which is targeted at increasing those good vaginally microbiome we discussed)

BioMedica BioHeme

- Take 1 capsule daily with dinner
- Take for 3 months then retest iron levels

Orthroplex Gut-R

- Take 1 level scoop (7 g) once daily in 200 mL water, consume immediately
- Take after breakfast

Supplement	Breakfast	Lunch	Dinner	Before Bed
CalmX	1 scoop			
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	
Herbal Mix	7.5ml after meal		7.5ml after meal	
Gut-R	1 scoop			