

Wellness Plan – Alyssa Chisholm

26th November 2022

Goals:

- **Reduce period pain**
- **Support immune functioning to reduce allergies and hay fever**

Prescription:

Herbal mix – take 7.5ml in 30ml of water, twice a day (breakfast and dinner)

- This mix has herbs to help regulate hormones, reduce inflammation and support your immune functioning
- By reducing inflammation, we will be reducing your period pain, as well as reducing your allergic response which ends in hay fever symptoms

Metagenics FemmeX – Take 1 level scoop in a glass of water with breakfast

- This product has a mix of vitamin, minerals and herbs which promote healthy hormone levels, and reduce pain and inflammation particularly associated with PMS

Activated Probiotics Biome Advanced – Take 1 capsule daily

- As you have had a high amount of antibiotics lately, it is important we give your gut bacteria a restore with good quality probiotics
- A healthy gut microbiome is essential for immune functioning and healthy hormones

Dietary Advice:

- Please continue to avoid dairy. Dairy is very inflammatory and has been linked to increased period pain so it would be best to avoid this entirely for now

- Please increase anti-inflammatory foods into your diet to help reduce pain, as well as improve immune response. These include omega 3 rich foods (fish if tolerable, flaxseed oil, tofu, walnuts), spices such as turmeric & ginger, and lots of colourful fruit and vegetables. I have included the Anti-Inflammatory diet handout which I also gave to your mum which might help with some food ideas.
- Please ensure you are eating enough – we need to be eating enough carbohydrates, fats and proteins for healthy cycles. Aim for 3 meals per day. Ensure to include protein with every meal and particularly breakfast as this will help stabilise energy and blood sugar levels throughout the day. This could be as easy as protein powder in a shake if you are not feeling overly hungry on waking. Eating enough carbs is also important for healthy cycles (think good quality grains, fruits and starchy vegetables). You should be aiming for the following:
 - 1 gram of protein for every kilo of ideal body weight (protein sources include animal products like meat, dairy and eggs, as well as vegetarian sources like beans, legumes, rice, quinoa, buckwheat, nuts and seeds)
 - 100-150 grams per day (looks like a serving of porridge, 2 potatoes, small serving of rice, & 3 pieces of fruit per day)
 - Ensure to also include good fats including avocado, salmon, nuts, seeds

Lifestyle Advice:

- Please continue exercising 3-4 times a week. Exercise is great at reducing inflammation which can contribute to your period pain, plus promotes healthy moods and makes us feel good.

Homework:

- Please complete the 5 day food diary and email back to me
- Please ask your doctor for a copy of your last ultrasound and blood test results and email me a copy
- Email hello@wildbloomnaturopathy.com.au