



Wellness Plan – Amie – 27th August 2022

Goals:

- **Regulate hormones and help support mood and energy levels**

Prescription:

Herbal mix – chamomile, chaste tree, Paeonia, schisandra, withania – take 7.5ml with breakfast and dinner – this mix is to support hormone balance and support your nervous systems to reduce feelings of stress and irritability. It has herbs that support liver health to ensure excess hormones are being excreted, and has herbs that reduce overall inflammation and support digestion.

Sleepy herbal mix – lemonbalm, passionflower, St John's wort, zizyphus – take 10ml around 30 minutes before going to bed – this mix is targeted at improving sleep, both getting to sleep and staying asleep. It will relax the nervous system and also help feelings of overwhelm.

Othroplex MagTaur – take 1 level scoop in a glass of water with breakfast – this is a great multi vitamin and mineral mix – it has magnesium which is important for our healthy hormones, our nervous system and should assist in relieving your headaches and B vitamins are important for healthy cycles and are also needed for energy and nervous system functioning

Dietary Advice:

- Please ensure you are getting enough protein with every meal, particularly breakfast as this will help stabilise energy and blood sugar levels throughout the day
- We are aiming for 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)

- Some high protein snack ideas can include hummus with crackers and vege sticks, apple slices with a nut butter, chia seed puddings, smoothies with protein powder, handful of nuts, home made protein balls (please see attached recipe)
- The protein powder available at Coles which I would recommend is Raw Amazonia:



Lifestyle Advice:

- Please keep continue with getting back into exercising. Exercise not only helps our moods, but it also helps promote healthy hormones and periods, and improves digestion and can aid in reducing constipation
- Please avoid working on the computer in the 2 hours leading up to bed time (and phone!) – our computer screens radiate a blue light which messes around with our melatonin levels and therefore can have a negative effect on our sleep. Working at this time can also increase your stress levels instead of promoting feelings of relaxation and wind down that we want leading up to bed time. If you do need to use your computer, try using a blue light filter on the screen – if you have an Apple device you can put this on manually through your settings, or alternatively you can download f.lux software which does the same thing

Referral:

Please book into your GP to get a routine blood test done. Due to not eating red meat for a long period of time, and presenting with low energy levels, it would be a good idea to get your iron and B12 levels checked. Ideally a full blood count and thyroid would be great as well