

Wellness Plan – Angela Churchill

Goals:

- **Weight loss & pre-diabetes management**
- **Improve energy levels**

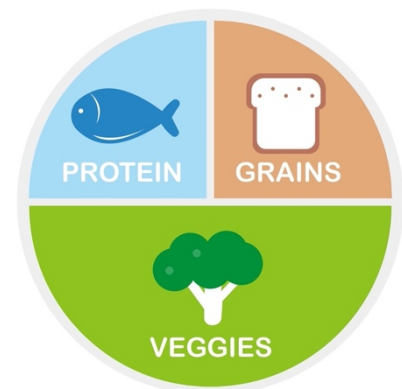
You are showing signs of insulin resistance. Insulin is a hormone made by your pancreas, which stimulates your liver and muscles to take up sugar from your blood and convert it to energy. Insulin resistance occurs when these cells are no longer responding to insulin as it should, so your pancreas makes more and more of it to try and get it to do what it needs to do, however you end up with high levels of insulin in your blood. This can contribute to inflammation which can lead to weight gain, and contribute to feelings of fatigue. Insulin resistance is driven by sugar consumption, but can also be driven by stress, hormonal birth control such as the pill, alcohol, unhealthy gut bacteria, magnesium deficiency and environmental toxins.

Dietary Advice:

- Continue to refer to the anti-inflammatory diet handout provided → this diet is based on the Mediterranean Diet and has a focus on increasing foods which reduce inflammation while reducing foods which promote it. It focuses on whole foods, increased fibre, high vegetable intake, while reducing sugar & processed foods.
- Continue towards removing all sugar from your diet for now. Sugar consumption is the biggest driver of insulin resistance & diabetes. You can continue to have whole fruit (2-3 serves a day) but please avoid all desserts, sweet biscuits, chocolate, soft

drinks, fruit juice, packaged cereals (porridge is fine), sweetened yoghurts, ice-creams, muffins, dates and date balls for now. Once your insulin is normal, you will be able to go back to having the occasional dessert. Quitting sugar can be difficult but please consider the following steps to try and make it as easy as possible for yourself:

- Eat full, satisfying meals that include protein (meats, seafood, eggs, nuts, seeds, legumes, pulses), starch (potatoes, rice etc) and good fats (olive oil, avocado, oily fish, nuts, seeds)
- Do not restrict calories (or you will end up reaching for sweet snacks)
- Pick a start date and go from there
- Go cold turkey for 4 weeks and know that intense cravings subside after 20 minutes and all cravings should subside after seven days
- Magnesium helps reduce sugar cravings – please see below recommendation
- Know that you are ok and its normal to crave sugar – but you are strong and can get through these cravings
- Your plate should be $\frac{1}{4}$ protein, $\frac{1}{4}$ whole grains or starchy vegetables and $\frac{1}{2}$ vegetables



Lifestyle Advice:

- Continue doing the mindfulness exercises to help calm your mind and support your nervous system
- 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:

- Please send through a copy of your blood test results once you have them
 - If its motivating for you to continue using a diet diary or journal to track what you are eating, please do so. You can share this with me at your next appointment if you like.
- It's a good idea to make us aware of what we are eating and helps us keep on track.

Recommended prescription:**Continue with Orthoplex MagGI Restore**

- Take 1 scoop in water after breakfast

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- Increase to 1 scoop, once a day in a large glass of water (would recommend having with breakfast or dinner) – monitor for any flare up of gastrointestinal symptoms – reduce to ½ scoop if constipation or diarrhoea occur

Activated Probiotics Biome Daily Probiotic

- Take 1 capsule daily (before bed)
- Probiotics strains which support overall gut health and immune system health
- Promotes regular bowel motions and healthy digestion
- Can enhances immune system function and reduces occurrences of colds

Orthoplex Myo-Inositol

- Take 2 level scoops twice daily, away from meals (maybe upon waking or then before bed)
- This products helps to maintain healthy blood sugar levels, assists in glucose, sugar and carbohydrate metabolism, and supports nervous system health and function