

Wellness Plan – Phillipa

29th October 2022

Goals:

- **Continue to balance hormones as well as support energy levels**

Prescription

Orthoplex MagGI Restore

- Take 1 scoop, once a day in water (with breakfast)
- This is a great multivitamin which will help support energy levels, gut healing and your immune health as well
- Take this once you have ran out of the Magnesium & B6 you currently have, or put those aside for now and take this instead for some extra support

Herbal mix – Calendula, Chaste Tree, Peony, Licorice, Schisandra, Withania, Siberian

Ginseng

- Continue to take 7.5ml in a small amount of water, twice a day with meals

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

- 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
- I have included an anti-inflammatory diet handout & some recipes for you – this might be nice just to get some other meal ideas and as a reminder for what foods we are wanting most of in our diet

Lifestyle Advice:

- Continue with basal temperature charting
- Continue with your exercise
- Continue to make some self care time a priority! Even 30 minutes a week to relax and unwind especially during upcoming business of Christmas!