

Wellness Plan – Shani – 30th April 2022

Goals:

- Improve energy levels and decrease feelings of fatigue
- Regulate hormones to regulate cycle and reduce PMS

Liquid Herbal Mix Prescription

Take 7.5ml in 30ml of water with breakfast and dinner

Estimated cost \$120.00 for a 5 week supply (this does not include delivery)

Herbs in Mix	Why
Dong Qui	Regulates menstrual cycle and reduces inflammation which will aid in reducing menstrual pain
Siberian Ginseng	General tonic to increase energy, mental alertness and physical endurance, and will help to reduce irritability around cycle
Vitex	Balances hormones and regulates menstrual cycle, reducing PMS
Schisandra	Supports nervous system aiding in reducing fatigue, and supports liver health, ensuring any excess estrogen which could be contributing to PMS is properly excreted
Ginger	Anti- inflammatory which aids in reducing PMS pain

Bioceticals UltraMuscleze P5P

Take 2 tablets with breakfast daily

Estimated cost \$40 for 60 tablets

Why – Magnesium and Vitamin B6 have been shown to be beneficial in reducing PMS symptoms and regulating cycles. They are also both important in regulating sleep and energy so will aid in this benefit too.

Dietary Advice – focus for the next month:

- You need to eat more! And you need to focus on ensuring you have protein with every meal. Protein is made up of amino acids, which are important in so many processes within the body, and are essential in ensuring we have stable energy levels throughout the day. Protein sources include meat, seafood, nuts, nut butters, seeds, legumes such as lentils & chickpeas, and beans such as kidney & cannelloni bean. Another way is having protein powder in a smoothie. I have checked the Healthy Mummy powders and they look ok. There are definitely better quality ones out there which do not have some of the fillers in there that this one does but I can give you recommendations for other brands down the track once you have finished off your new order you have coming. Having regular protein in your meals, will also help stabilise your blood sugar levels, which will hopefully reduce those head spins you are feeling, and reduce your cravings for carbs.
- Quick protein rich snack ideas to have on hand for a busy mumma so she doesn't not eat – smoothies with protein powder, bliss balls made with nuts and/or seeds, hummus with veggie sticks or rice crackers, Greek yoghurt with fresh berries, apple with nut or seed butter, chia seed puddings, overnight oats (see recipes in separate attachments).

Lifestyle Advice – focus for the next month:

- Food preparation!! This is going to help ensure you are not skipping meals, and therefore aiding in stabilising energy and making healthy choices when you do eat! If it's there and ready to go, you are more likely going to eat it
 - Plan your meals for the week
 - Try and do a weekly shop and just get top ups as you need
 - Put an hour or two aside once a week to get some food prep done to save you time during the week – make bliss balls, make chia seed puddings, make overnight oats, cut up salad vegetables ready to go, cook meals and freeze them so they are ready to go
- Complete the included menstrual tracker for the next few cycles so we can get a good idea of exactly what's happening and track any changes and improvements

Referral:

- It would be great to get some blood tests done to see where things are at so we can treat effectively. Make an appointment with a GP and see if they would be happy to do the following tests:
 - Full blood count
 - Thyroid hormones (due to fatigue levels)
 - Iron levels (due to fatigue, history of borderline low, heavier cycle)
 - B12 (due to fatigue and pins and needles)
 - Fasting glucose / Blood sugar levels (history of gestational diabetes, carb cravings)
 - Vitamin D (involved with energy production)
- Depending on the outcomes of these, we can also investigate some other tests such as cortisol and melatonin which when out of range can cause issues with sleep. These would be functional testing that I can order – for the both its between \$60-160 depending if we go the basic or extensive test option.
- There is also other functional testing we can look at down the track if we feel its necessary & we are not getting answers elsewhere.