



Wellness Plan – Mel Moreman

Goals:

- **To gain an understanding of what's going on including cycle and moods**
- **To regulate cycle**

As discussed, 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 it can also stimulate your ovaries to make higher level of androgen hormones, and high androgens drive acne production and excess hair. 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:

Our aim is to start removing all sugar from your diet. Sugar consumption is the biggest driver of insulin resistance. We are going to start working on making swaps for better choices in your current diet.

Let's start with breakfast!

Please include protein and good fats with your breakfast to stabilise your blood sugar levels, make you feel fuller for longer, and ensure you are satisfied to help you stop reaching for sugary snacks later in the day. Please replace white bread with a whole grain option.

Ideas to include in your breakfast:

- Whole grain toast with toppings such as eggs, avocado, mushrooms, goats cheese, hummus
- Chai seed puddings (recipe included at end of Wellness Plan)
- Overnight oats (recipe below)
- Home made muesli with natural yoghurt (recipe below)
- Protein smoothie - (Raw Amazonia from Coles is a great protein powder option – photo below), add things such as milk (or alternative milk options such as almond or oat milk), berries (these are low in sugar and high in fibre), ¼ avocado, tablespoon of almond nut butter, cacao powder, chia seeds, hemp seeds
- Wholegrain toast with almond butter and banana (if not making you congested)



You can continue to have whole fruit (2-3 serves a day) but the aim is to reduce and avoid all desserts, sweet biscuits, chocolate, soft drinks, fruit juice, packaged cereals, sweetened yoghurts, ice-creams, muffins, dates 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:

- Sleep – sleep reduces sugar cravings however this is not always easy with 2 little ones and mumma life so we will work with this as best we can
- 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
- 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

Recommended prescription:

Metagenics Calm X – Take 2 level scoops in water with breakfast - \$77.95 for 482gram bottle which will last around 40 days

This is great powder which contains a range of vitamins and minerals including:

- Magnesium → required for the production of hormones including progesterone, it supports our nervous system functioning and therefore supports moods, anxiety and

our stress response, it also reduces inflammation, and it helps improve insulin sensitivity and reduces sugar cravings

- Taurine → improves insulin sensitivity, aids in reduction of sugar cravings, supports our liver health, and also beneficial for our moods
- Zinc → it decreases inflammation, increases production of progesterone, is required for healthy immune functioning and is needed for healthy digestion of food. It is also important for our moods and supports our nervous system functioning
- Vitamin B6 → essential for progesterone production, it reduces inflammation and assists in the healthy detoxification of excess oestrogen

Lets start with this one product and getting you to take this regularly. We can then look at incorporating others down the track where indicated.

Keep scrolling for some recipes!!

Homemade Muesli

Enjoy this easy to make, nutritious muesli without all the crap that's hidden in a lot of the supermarket bought versions. You literally can throw this together in a couple of minutes, then it just needs to be baked in the oven at a low temperature. You can make as little or as much as you like.

Ingredients

2 parts oats

2 parts nuts and/or seeds - I used sunflower and pumpkin seeds but you can use any nut or seed - almonds, macadamias, sesame seeds - literally whatever you have in the cupboard

1 teaspoon of cinnamon

1 tablespoon of rice malt syrup

1 tablespoon of water

Mix all ingredients together. Line a baking tray with baking paper and spread the mix out on the tray. Stick in the oven for about 30 minutes at 150 degrees. I usually give it a stir halfway through. You want it to be a golden colour and start to get crunchy. It will become crunchier as it cools. Store in an airtight jar in the cupboard and enjoy with milk or yoghurt of choice. Top with fresh fruit or stewed apples for a gut loving fibre boost.



Overnight Oats

Overnight oats are a great option to make on a Sunday afternoon to prep for the week ahead. Make a big batch and enjoy all week!

Ingredients (one serve – just times it by how many serves you want to make)

1/2 cup rolled oats
1/2 cup of milk of choice
1/4 cup greek yoghurt
1 tablespoon chia seeds
1/2 teaspoon vanilla essence

Toppings:

Nuts
Seeds
Fresh fruit
Nut butter
More yoghurt

Directions:

Place ingredients into a glass jar or container. Mix until combined. Cover and place in fridge overnight. Top with nuts, seeds, fresh fruit, nut butter or more yoghurt.



Chia Seed Puddings

Chia Seed Puddings are such a good go to snack! Great for the gut, full of essential fatty acids, fibre and protein. Easy to make a big batch and keep in the fridge for the week ahead

Ingredients (for one serve):

1/4 cup of chia seeds

1 cup of plant based milk (almond or coconut)

Optional:

1 tablespoon cacao

Toppings:

Nuts or seeds

Fresh or frozen berries

Sliced banana

Directions

- Mix chia seeds and milk together in a jar or container
- Let stand for 5 minutes then give another stir
- Put in fridge for at least 30 minutes
- Top with nuts or seeds, fresh or frozen berries, sliced banana, nut butter
- Optional: to make a chocolate version, stir cacao in at step 1

