



## Jennifer Lin Treatment Plan #3

This treatment plan is to support you while on day shifts.

### Treatment Goals:

1. Create a long-term diet/lifestyle that suits shift work and provides adequate nutrients and rest.
2. Support menstrual health to reduce PMS symptoms (mood changes, bloating, fatigue) through dietary and lifestyle changes.
3. Minimise production of inflammation due to changes in sleep cycle and activity levels through nutritional support
4. Regulate bowel habits by reducing loose stool frequency by identifying triggers.

### Diet

1. **Increase consumption of leafy green vegetables to support liver health (reduce AST levels)**  
Try consume 1-2 cups per day, over the next couple of weeks. Focus on kale, spinach, broccoli, cauliflower, Brussel sprouts, bok choy and similar green vegetables. These provide magnesium for muscle recovery and function, as well as support a healthy menstrual cycle.
2. **Be mindful of the foods/ meals that cause changes in your bowel habits.** As discussed for two days in a row, remove both chia seeds and omega tablets from smoothie and see if you still get loose bowel motions. If no symptoms occur, I'd suggest adding only one back in for another two days in a row, of the same smoothie, and see if it causes symptoms (try to identify if its specific ingredients). You can increase fibre by adding in psyllium husk (no fats) as this will also help to bulk the stools up if they are loose.

### Lifestyle

1. **Listen to your body-** Over these next few weeks, actively identify signals related to:
  - a. **Food consumption.** Are you hungrier, less hungry, low appetite etc. Note down reason you think may be altering this and see if there is a pattern. With long shifts, and restriction to eating times, this can cause our metabolism to slow down, as you are eating less frequently. Or due to the shift the time of day you are consuming food, the body may just think its not meant to be eating at this time. Over a period, this changes how the body functions. Once identified possible causes we can then focus on how to support and enhance the body to function better under these circumstances.
  - b. **Menstrual Cycle Phases** (article with more info attached to email). Your diet and lifestyle habits should slightly change to support where you are in your cycle. As mentioned, ovulation increases metabolism and you will tend to be hungrier. This is due to an increase in progesterone (progesterone= ovulation + hunger/ ovulation= a healthy cycle). If your body is hungry, eat nourishing whole foods until you feel satisfied (within reason). Over time you will get to know possible causes of increased/decreased hunger e.g. menstrual cycle, stress.

**Supplements-** Are not a long-term thing. They are there to rebalance the body in times of need.

- **Orthoplex Alkamin essentials (electrolytes)-** 1 x scoop 1 x per day. Increase to 1x scoop 2x day if muscle cramps develop, reduce back to one once cramp are no longer developing. **Take this to support your active lifestyle.**



### Suggestions

- **Orthoplex Rapid D (vitamin D)**- As your levels are on the lower end of the reference range and due to your ethnicity and the reduce conversion of Vit D in your body, id suggest supplementing especially going into winter. The cost for 120 capsules is \$22.00. Dose would be 1x day for 3 months, then get levels tested again.