# Vitae Mosaic Prescription

Name Vicki Burgmann

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Practitioner Lisa Hayne

## Diet and Nutrition Plan

Keeping aiming to have at least 1/2 plate of salad and/or veg every day. Adding in lots of colourful berries would be great for the extra polyphenols and antioxidants. Great for your immune system, nervous system and thyroid function.

Water intake - keep working on increasing your water intake - start your day with a big glass of water on waking to help rehydrate after sleep, then have regular prompts throughout the day to keep sipping. When you go to the toilet - check the colour of your urine, and poke your tongue out when washing your hands - if it's dry, have another drink. Ideally we'd like you to get to 1.5L daily, especially as it starts to warm up.

## Lifestyle Plan

I've added in some support for your adrenals to help support your stress response. Try and include some activities in your week that are looking after just you - self care is soo important.
E.g. having a bath, enjoying your morning coffee outside, getting your feet in the grass are all great for your nervous system.

## Prescribed Supplements

Imrex - 1 tablet morning and night

MagGI Restore (in place of your MagTaur) - 1 scoop mixed in water, once daily

BioFlam - 1 tablet daily until finished (then we won't refill)

AdrenaSense - 1 tablet morning and night

## Testing and Pathology

## Additional Comments and Follow-up

## Practitioner contact details

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