Vitae Mosaic Prescription

Name Leanne Flower

Date 12/10/23

Practitioner Lisa Hayne

Diet and Nutrition Plan

Water intake - try and set up some prompts for yourself through your working day to make sure you're keeping your water intake up. Eg. drive to work, recess break, lunch etc

Be gentle with yourself this week after a few big days. You're doing such a great job!

Lifestyle Plan

Our big three things moving forward this fortnight:
- Adding cardio back in if you'd like (I know how much you love it!)
- Being able to enjoy a treat meal once a week
- Adding in good quality oils. Your oils are coconut oil, ghee, extra virgin olive oil and flaxseed oil. This can be to cook your meat/veg in or to make up marinades and dressings. Aiming for up to 3 TBSP daily

Prescribed Supplements

Keep an eye on your bowels - if you need to use some of your Metamucil just stick to the minimum dose.

Testing and Pathology

94.8kg (-2.35kg)

Additional Comments and Follow-up

Practitioner contact details

Name: Lisa Hayne Phone: 0439 447 556 Email: admin@herbandspice.net.au