

## Your Treatment Plan: Follow-up Consultation

**For:** Monika Frkovic

**Date:** 16/12/23

### **Summary of key issues discussed in consult**

1. **PROTEIN** - Assess/increase daily protein intake. See if you can reach >100gm of protein per day, spread out over your meals & snacks. Google quality protein sources and serving sizes as a guide. Quick additions to your lunch from home can be grilled/roasted chicken slices, rissoles/meatballs (beef/lamb/chicken), boiled eggs (whole or mashed with seasoning/spices), mini frittatas etc.

This will help keep your blood sugar levels more stable over the day (avoiding highs followed by low lows > hangry/headaches/tired). Also keeps your insulin levels more controlled as a result, keeps you fuller for longer, stabilises your energy levels and helps your mental focus/concentration. Adequate protein is also advantageous for body recomposition goals.

If you keen to try a 'clean' protein powder (to add into smoothies, or mix with your natural yoghurt) to help fulfil your protein needs (1 x day), I like these:

<https://www.athealthaustralia.com.au/products/naturally-natural-protein-powder> (unflavoured)

eg: one serve (30gm/3 heaped tablespoons) = 27gm protein

<https://www.athealthaustralia.com.au/products/radiant-body-with-collagen> (vanilla)

e.g one serve (30gm/3 heaped tablespoons) = 19.5gm protein

You can even use both (if you like) and mix together: do ½-½ or ¾-¼ (vanilla) according to taste.

2. **PRE & POST WORKOUTS** - Assess your 'pre-workout' meals or snack. If it's a meal, wait ~2hrs before working out. If it's to be a snack, eat within 60-90min before your workout time for sustenance. Try to eat something (carbs/protein) within 30min of finishing your workout for a better recovery.
3. **CARBS & BLOOD SUGARS** - Ensure you're not eating any carbs (this includes a piece of fruit) on their own. It's better for blood sugar control to always pair with a protein and/or a fat to lessen the blood sugar spike. e.g pair piece of fruit with some nuts (or a protein source), or apple/celery/carrot slices with almond butter etc.

Choose healthy carbs, AKA 'complex/unrefined/starchy' carbs (root vegies/wholegrain, instead of refined/simple carbs (rice/rice cakes, pastas, breads, pastries etc) as these are quick to digest & spike blood sugar. Check out 'Glycemic Index' which rates carbs into low, medium, high. This is more of an issue if carbs are eaten alone, and not paired to protein/fats to help avoid excessive blood sugar spiking. But also good info to know.

4. **WATER/FLUID INTAKE** - Try to increase your daily water intake to at least 1.8-2.0L daily.

Minimum 2.0L on your workout days. Mix up with warm or chilled herbal teas (eg. peppermint, lemon myrtle, hibiscus, green tea) for some variety.

This will support all your detox pathways, including bowels, hormones and skin.

5. **ESSENTIAL FATTY ACIDS (EFAs)** - Low intake from diet. Essential for a myriad of cellular functions throughout the body - including skin health.

Prescribed an **Omega 3 supplement** plus a **Sea Buckthorn Oil** supplement (see below). These may be taken at the same time with meals.

Try and add in some dietary sources of Omega 3-6-9 fatty acids include: avocado/cold-pressed oil\*, walnuts/cold-pressed oil\*, hemp seeds/cold-pressed hemp oil\*, tahini, chia seeds, flaxseed oil\*/flaxseeds, pumpkin seeds (these seeds go well sprinkled throughout salads or over steamed/roast veg etc). Chia, hemp and flax seeds/flax meal go well into smoothies. Also wonderful fibre.

\*do not heat, use in dressings/drizzles etc

6. **The GI-MAP (GI-Microbial Assay Plus) Stool Test**

I have sent through the request for you. You'll receive an email from Designs for Health Australia for the next steps. The fee is \$440.00, to be paid directly to the lab prior to the Test Kit being sent to you.

NB: The lab has finished receiving samples for 2023, but recommences from 02/01/24.

## Prescription

Please log in to your [Vital.ly](https://vital.ly) account to see your additional prescriptions.

All dosage instructions are shown within your online prescription and are also explained below.

Product	Why I've prescribed it	Dosage instructions
Alpha EFA	Sea Buckthorn & Vitamin E to support skin health and reduce inflammation.	Take 2 capsules, 2 x day with a meal.
MetaPure EPA/DHA	Highly purified & concentrated fish oil for omega 3 essential fatty acids (EPA/DHA) due to lack in current diet. Supportive to brain, eye, mood, skin, tissue integrity, cardiovascular system. Anti-inflammatory.	Take 2 capsules, 2 x day with food. Refrigerate after opening.

## Next time

Let's check in again **mid-late January 2024**. Please book a [Follow-Up Consultation](#) for this.

In the meantime, let me know if/when you send off your GI Map sample, so I can check the report's progress from my end.

Keep tracking/logging your menstrual cycle and any associated symptoms at any point throughout your cycle.

Log what you're able to achieve with your daily protein intake. And how this change makes you feel overall.

Take notice of any further improvement with symptoms, changes to energy, digestion/bowels habits, skin, other etc.

---