



HEALTH CARE PLAN

FIRST 4 - 8 WEEKS

REDUCE ANXIETY/IMPROVE SLEEP

1. Probiotic to reduce anxiety
2. Magnesium/Herbs to calm the nervous system and improve sleep
3. Minerva supplement to support menopause symptoms of hot flushes, insomnia, nervousness, and fatigue
4. EVIA app to reduce anxiety, hot flushes and improve sleep

NEXT 6 TO 12 WEEKS

IMPROVE GUT HEALTH

1. Focus on increasing vegetable intake to improve gut health
2. Fibre to improve stool consistency as well as being beneficial for gut function and weight loss

NEXT 3 - 6 MONTHS

IMPROVE METABOLIC FUNCTION

1. Focus on dietary changes to support weight loss
2. Focus on exercise to support muscle building

TREATMENT PLAN

NAME Lisa Wallis

DATE 1 July 2024

NEXT CONSULT Monday 15 July 2024 at 1pm

ACTION STEPS

- Track menopause symptoms using tracking template
- Trial EVIA App for improving mood and sleep (recommend doing before bed) - <https://try.eviamenopause.com/evia-referral/>.

If you enjoy the EVIA free 7 day trial, you can apply discount code PURELYWELLNESS3 (if you wish to sign up to a 3 month subscription) or PURELYWELLNESS12 (If you wish to sign up to a 12 month subscription) giving you a 25% discount.

DIETARY RECOMMENDATIONS

1. Have a source of protein with breakfast daily to stabilise blood sugar - eggs, yoghurt, 1 tablespoon of flaxseed powder in a smoothie or with porridge
2. Swap bananas for a lower GI fruit, ie apples, pears, berries, kiwi fruit

LIFESTYLE RECOMMENDATIONS

Practise the following breathing exercises to help switch on the parasympathetic nervous system in times of heightened emotional feelings:

1. **Small breath holds** – small breath in and hold, pinch nose for 5 seconds, release, gentle relaxed breathing for 10 seconds. Repeat for 3-4 minutes
2. **3 X 3 breathing** - Three normal breaths (inhalation/exhalation). At the end of the 3rd exhalation pause for a count of 3 or more. Repeat for 3-4 minutes.
3. **Diaphragmatic breathing** - Place hands on lower 2 ribs, inhale allow ribs and abdomen to expand, exhale ribs contract, belly drops back towards spine. Continue. For added benefit count 4 seconds on inhale, 6 seconds on exhale.



Using the Breathing Homework Sheet, I recommend practising the “Walking with breath holds” exercise on your daily walks, starting with holding the breath every 10 steps for approx 10 minutes, increasing to 15, 20 steps for 20 minutes daily, and practising the with diaphragmatic breathing exercises when feeling increased anxiety.

SUPPLEMENTS/HERBS

NAME	MORNING	MIDDAY	EVENING	BEFORE BED
BioMedica Minerva for treating Menopause symptoms	1 capsule			
BioActivated Probiotics for mood support			1 capsule	
MagRegulate for sleep/nervous system support				1 scoop