

Food intake record

If you could please note your general eating habits for 2 weekdays and 1 weekend day and send that through to me by the weekend before your next appointment that would be amazing. Please make sure to jot down any stand out symptoms such as bloating or changes to the stool. Feel free to format this however works best for you.

Blood tests

Whenever you're able to it would be great to get a follow up on your iron studies - I'm happy to write a referral letter for you if that helps, just let me know

Helping the skin

Gluten free - it seems that being gluten free has helped the skin and I would like you to continue a completely gluten free diet at least until your return consultation - from there we can explore further anything that may be causing this rash.

Eat the rainbow - Increasing the variety of fruits and vegetables may help your rash as these foods (particularly when varied) are rich in antioxidants - they will reduce inflammation in your system and aid the body's elimination systems through the antioxidants and fibre within them. *fun fact* the skin is the very last elimination organ (we can talk about this next time) -- please see the two eat the rainbow **handouts** for some ideas

Water intake - increasing your water intake to 2-2.5 litres a day will not only help your digestive system, reducing constipation and bloating, but will also help all of your elimination organs do their jobs, including the skin. Make sure to get a drink bottle that is big enough that you can reduce the amount of times you need to refill it so water is always available easily to you. Adding a splash of cordial or some cut up fruit and veg can also help with flavour and provide some electrolytes, creating a tasting and more hydrating experience.

ACV and water - To aid the body's ability to create bile, stomach acid, and digest properly it would be great if you could have a teaspoon of ACV (Braggs is my preferred brand) in a glass of water whenever you are feeling heavy and bloated, as well as about 10 minutes before dinner. Make sure to have a drink of plain water afterwards to rinse the acid off of your teeth.

Stress and skin - stress increases cortisol which causes inflammation and could be contributing to your skin rash, particularly the itchiness of it. Stress also reduces our bodies ability to get into the *rest and digest* mode and prioritising *flight or fight* - this means you aren't absorbing nutrients and eliminating any waste products as easily as we would like.

Snacks

You mentioned that snacking has increased recently. With this I would really like you to start identifying why you might be reaching for a snack (whether it be hunger, stress, or something else) and to stop beating yourself up for these moments - our body creates craving and needs for a reason, we just have to find what it is.

Dark chocolate -

please continue to have your dark chocolate - this is a great magnesium source!

Snack ideas for before dinner or when cravings show up:

It seems to be a pattern that you get hungry during dinner prep - to navigate this, I think it will be best to have a snack prepared before you even pull out the ingredients for dinner so it's ready to go

Attached are two snack **handouts** that may give you some ideas

Otherwise I highly recommend prepping a double batch of these [museli bars](#) - I also add sunflower seeds, hemp seeds, and chia seeds for some extra nutrients

Magnesium rich foods -

When our nervous system tips into *fight or flight* it uses more magnesium and can deplete our magnesium stores. To rebuild these stores and ensure you have enough readily available it would be great to increase the sources of magnesium in your diet - see **handout** attached

The need for dark chocolate is an indicator of higher demand for magnesium

Sleep and other habits

Slowing down/sleep routine -

-- No more scrolling once in bed, feel free to do this while on the couch but try to switch to longer form content once in bed to slow the mind

-- Blinds down and lamps on for an earlier bedtime - this will help your sleep hormones be produced at the right time for an earlier night sleep

-- Watch episode of a show as a family -- hopefully this will help everyone get to bed a bit earlier and make that transition time easier -- aiming for 9 hours

-- Slow down during skin routine before bed (keep low light) - let your skin care routine before bed be the last thing you do before bed to allow for time to yourself and time to *slow* the nervous system - this practice of slowing can be done as varying points throughout the day such as when you are washing your hands. Take the time to notice when you are going fast and have the opportunity to slow down, this will help your body go into *rest and digest* mode

-- Phone on bedside - when you notice yourself getting tired, it's time to put the phone face down on the bedside table. This intentional act can help with allowing your body to go to sleep, rather than trying to stay up and putting your body into small moments of *fight or flight* when you jerk awake

-- Tea before bed options - keep it to a small amount of water to prevent needing to get up to pee. Some options are chamomile, Higher Living 'sweet dreams', or Pukka 'night time'.

Do not disturb function - I've found a few links for you to help you set this up, you can also use the alarm function through this which is a much nicer way to wake up rather than a blaring alarm [Setting up sleep schedule](#) // [Making the screen warmer](#)

Legs up the wall - 5 minutes when you get home from work and/or when you first get into bed [Legs up the wall](#)

Smoking - So good to hear that you've reduced your smoking intake - when the craving arises try to make it a time to step outside and take some deep breaths, just without the ciggie

Alcohol - So happy that you have been able to reduce your alcohol intake! Absolutely amazing! Remember *Alcohol is for happy times* :)

Mindfulness during a walk - just want to praise you again for continuing to carve out time for yourself to have time alone while moving your body - amazing! Would love to see you add some mindfulness to this practice - whether that be noticing flowers along your walk, or admiring how people decorate the front of their houses.