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## Prescription for 04/12/24

1 message

Sascha Louise <louiseandihhc@gmail.com>  
To: Kirralee Thomson <kirraleeathompson@gmail.com>

Fri, Dec 6, 2024 at 12:07 PM

Hi Kirralee,

Thanks again for chatting with me - below are my recommendations for you as well as instructions on how to take your supplements. I have also sent your referral letter to your drs office as well as attached it for you.

Let me know if you have any questions and please send through your blood test results when you get them

### SUPPLEMENTS:

CalmX - 2 scoops, twice a day in at least 250ml of water. Take at least 30 minutes away from iron. The first 2 scoops have in your water bottle to sip over the morning, the other 2 have after dinner/before bed.

Bioheme - Iron - Refrain from taking until blood test results are received

Ultra Flora Restore Dairy Free - Probiotic - take 1 daily with food

### GLUTEN FREE FOODS TO CHECK/SWAP:

Fajita mix - swap to Mingle or [try this recipe](#) (full disclaimer, I haven't tried this recipe, but it looks pretty standard)

Pizza - check that sauces and other ingredients are also gluten free

### SLEEP ROUTINE:

You've already reduced your scrolling in bed and brought awareness to it which is amazing - if it's helpful, try setting a timer when you get into bed for a cut off time for the scrolling before switching to long-form content, books, or heading to sleep.

### ACV:

If you're finding 1tsp isn't hitting the mark anymore, feel free to increase up to 1tbs per serving

### SNACKS:

Add museli bar pack to car - for the days where you get caught out, or get a hungry kid for the school pickup

Chia pudding - 4tbs of chia pudding for each cup of milk of choice. Adding fruit/granola/yoghurt are all great options

Brazil nuts - 3-5 a day - for selenium which will help skin healing

Smoothies - are a great option for on the go, can be prepped the night before, and you can fit so much goodness into them that you won't even taste (a great way to use up hemp protein powder that doesn't quite work in anything else) - My black forest smoothie recipe is attached

Cheese and crackers - you can make this more filling and fun by making it like a mini charcuterie board, adding hummus, meat, cut up veg for dipping - delicious!

Black bean brownies - a great way to get chocolate, iron, magnesium, and fibre in

Banana bread - can also be eaten as a smaller breakfast

### ADDING TO BREAKFAST:

Weetbix days:

- letting the chia seeds sit and absorb milk or water (or putting a scoop of chia pudding) allows them to be easier to digest and for the essential fatty acids (EFAs) to be able to be absorbed.

- add hemp seeds for EFAs, protein, fibre, iron, and magnesium

- pumpkin seeds - zinc, fibre, EFAs, iron, magnesium

- fruit - for extra colour (antioxidants) for more vitamins, minerals, and antiinflammatory properties

Egg days:

- add avocado - for EFAs which will help your skin, digestive system, and satiety (keeping you fuller for longer)

- add sauteed spinach - 1 cup uncooked is a serve of veg, once sauteed that's quite a small amount. Aim for a heavy handful and once 90% cooked, add a splash of balsamic for extra acid for digestion, plus it makes it taste way better

Recipes for my protein pancakes and banana omelette/pancake are attached

### HEADACHES BEFORE PERIOD:

I'm going to take some more time to do research around this and we can dive into some questions around the headaches and your menstrual cycle next time, just to get a full picture.

## GOALS FOR 2025:

Smoking - love that you are already cutting down on them, let's aim for being free from cigarettes in Feb (when the kids go back to school and it will be a bit more calm) -- an incentive outside of health might be financial, whether that be calculating how much you'll save or assigning that money to something for yourself (such as jewelry, a massage, a facial, or something else)

Coffee - Keep up with the good work of keeping your caffeine before 2pm and with food. Try to separate your food and caffeine by about 30 minutes (have the food first, caffeine second) to ensure you are absorbing the nutrients from your food better.

Decaf is a great option, but because of the processes it goes through I highly recommend sticking to an organic decaf - some recommendations [instant](#) or [beans](#). Black tea is a great swap if you're still wanting some caffeine but with less negative side effects.

Remember that you're making so many steps in the right direction and that this time of year is hard for everyone. My number 1 goal for you until I see you next is that you continue to drink enough water.

Look forward to seeing you in the new year

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All the best,

Sascha - Louise & I Holistic Health Care



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### 5 attachments



**Referral Letter - KT 041224.pdf**

172K



**Banana omelet pancake recipe - Louise and I Holistic Health Care.pdf**

21K



**Hummus recipe - Louise and I Holistic Health Care.pdf**

18K



**Black forest smoothie recipe - Louise and I Holistic Health Care.pdf**

32K



**Protein pancakes (no powder) - Louise and I Holistic Health Care.pdf**

42K