

Prescription

ID: 1351

Wed 17th August 2022

Patient Details:

Amanda Stocki



An Apple a Day Nutrition

ABN: 96 658 033 953

Patient Note

PATIENT GOALS:

- Investigate GI symptoms: bloating, BM - 70% T4, 30% loose, 2 x daily, incomplete, discomfort before passing.
- Modulate hormones to assist in the reduction of premenstrual symptoms:
 - Tender breasts - continued.
 - Abdominal bloating.
 - Migraines - continued.
 - Cycle length - 36-34 days, 33 days, 30 days.
- Continue to improve thyroid function - TSH 2.7, RT3 ++.
- Assist in the management of non-alcoholic fatty liver disease (NAFLD).
- Support patient in the management of high cholesterol - currently medicated - awaiting retest.

Supplement	Breakfast			Lunch			Dinner		
	Dose			Dose			Dose		
	Before	During	After	Before	During	After	Before	During	After
Cinnatol 150g Powder FOR BLOOD SUGAR MANAGEMENT - 1/2 level teaspoon twice daily with the 2 largest meals					1scoop			1scoop	
N-Acetyl-Cysteine Berry 60g Powder ANTI-OX SUPPORT - Take 1 level scoop daily in a glass of water.			1scoop						
BioFlam 60 caps			1capsule				1capsule		

Supplement	Breakfast			Lunch			Dinner		
	Dose			Dose			Dose		
	Before	During	After	Before	During	After	Before	During	After
ANTI-INFLAM SUPPORT - Take 1 capsule, twice daily.									
Oxyguard 60 Capsules ANTI-OXIDANT, BLOOD SUGAR & LIVER SUPPORT FORMULA - Take 2 capsules daily.			1capsule			1capsule			
AlkaMin Calm 260g STRESS, ANXIETY, HORMONAL SUPPORT - Take 1 level included scoop (6.5 g) twice daily mixed into water			1scoop				1scoop		

Additional Information

Dietary Advice

CONTINUE TO:

- To naturally boost digestion, switch off all devices at mealtime.
- Continue with a dairy free diet.
- Using the "How To Balance Your Plate" handout, ensure each main meal comprises of the following:
 - Low GI Carbohydrates (Column 1) - 2 cups
 - Protein (Column 2) - 1 palm size serving
 - Healthy Fat (Column 3) - 2 tbsp OR 1/2 small avocado
 - Higher GI Carbohydrate (Column 4) - NIL-1/4 CUP.
- AFTER each main meal, check the "HOW TO BALANCE YOUR BLOOD SUGARS" handout and adjust/correct blood sugars if need be.
Avoid ANY food after dinner.
- Enjoy 1 x single shot cup of coffee per day however; ensure it is ALWAYS AFTER breakfast and before 12pm. Avoid soy milk where possible.

START TO:

- When returning to work:
 - Breakfast - let's bulk it up a little to help keep your blood sugars stable.
 - Eggs (2), Avocado, Toast
 - Oats, collagen powder, fresh fruit, coconut yoghurt

- Mid-Morning
 - Half of your protein packed lunch (dinner leftovers will work really well here)
- Lunch
 - Remaining half of your protein packed lunch
- Afternoon
 - 3/4 cup vanilla Chia pudding (size includes added fruit portion)
 - Seaweed with avocado
 - Banana with nuts and seeds
 - Fruit with 2 tbsp. Coconut Yoghurt (Coyo is my favourite brand - plain or vanilla)
 - Gevity Rx Bone Broth (Curry is my favourite flavor, available for purchase on vital.ly)
 - Carrot sticks with hummus.
- Avoid processed and packaged foods, particularly those that contain vegetable or seed oils.
- Consider the following meals for freezer prep:
 - Lemon Chicken: <https://wellnourished.com.au/lemon-chicken/>
 - Healthy Roast Chicken: <https://wellnourished.com.au/healthy-roast-chicken-marinade/>
 - Chicken Pad Thai: <https://wellnourished.com.au/pad-thai/>
 - Red Lentil Dhal: <https://anappleaday.net.au/red-lentil-dhal-with-apricots/>
 - Lamb & Coconut Curry: <https://wellnourished.com.au/lamb-coconut-curry/>
 - Lamb Kefta with Salad: <https://wellnourished.com.au/lamb-kefta/>
 - Healthy Bolognese: <https://wellnourished.com.au/healthy-bolognese-with-a-few-twists/>
 - Shepherd's Pie: <https://www.recipetineats.com/shepherds-pie/>
 - Salmon & Vegetable Curry: <https://wellnourished.com.au/salmon-vegetable-curry/>
- Due to the cholesterol lowering effects of fibre, consider adding oats into your breakfast rotation in the form of porridge. Oats contain beta-glucan, an optimal source of soluble fibre which has been demonstrated to reduce cholesterol. Another great option is BetaGlucare from the chemist - just one sachet per day :)
- Consider adding garlic and onion to the above meals as they have also been linked to healthy cholesterol management in the literature.
- Ensure you continue to restrict alcohol consumption whilst we work to return liver health to a stable level.
- Drink at least 1.5L of water daily. If you feel as though water is going “straight through”, add a pinch of Celtic or Himalayan sea-salt to 1 x 1L water bottle each day.

Lifestyle Advice

- Continue with Jacqueline as required.
- To help regulate a healthy sleep/wake cycle (and healthy hormones):
 - As soon as you wake in the AM, walk outside for direct sunlight on your skin. Stay outside for at least 15 minutes.
 - No exercise after 3pm UNLESS it's restorative i.e. Yin Yoga practice.
 - Ensure you have installed F.Lux on your computer (see handout) and have activated Night Shift on your phone (see handout).
 - Switch your phone and computers off preferably at 7pm or **at least** one hour before bed.
 - Charge your phone in a separate room where possible or at least 1m from the bed (in another room is preferred - you will still hear your alarm).
- Consider making the switch to low-toxin beauty and cleaning products to support healthy hormone management.
- To continue to maintain Vitamin D levels - spend 20mins outside in the sun with the tops of your legs and tummy showing :).

Supplements

- STRESS, ANXIETY, HORMONAL SUPPORT:
 - Alkamin Calm
- BLOOD SUGAR MANAGEMENT/NAFLD
 - Cinnatol
 - N-Acetyl-Cysteine
 - BioFlam
 - Oxyguard
- CHOLESTEROL MANAGEMENT
 - Cinnatol
 - N-Acetyl-Cysteine
 - BioFlam
 - Oxyguard