



Treatment Plan- Alison Driver
04/04/2025

The following recommendations aim to address the main health concerns you came to address today which was weight gain and sleep disturbance.

Suggested Supplements

MagCalm (by Orthoplex)- containing a highly absorbable magnesium which is good for supporting hundreds of chemical processes in the body including helping to reduce fatigue, promoting restful sleep, supporting a healthy stress response and healthy nerve function. This formula also contains Passionflower, an herb which assists with sleep disturbances, excessive thinking and anxiety and Lemon Balm, which relaxes the nervous system and also assists with sleep disturbances and anxiety.

Dosage: 2 scoops in water, once per day (at night, 30-60mins before bed)

Clinical Lipids 2:1 (by Orthoplex)- a high quality source of Omega 3 (EPA & DHA) which is anti-inflammatory, supports the brain and cognitive function, helps maintain a healthy cardiovascular system and may assist to improve skin barrier function and improve hydration.

Dosage: Take 1 capsule twice daily

Other Recommendations

Making some adjustments to your diet in order to provide your body with sustained energy and to encourage weight loss.

- Avoid highly processed, high sugar foods (e.g. biscuits, cakes, lollies, dried fruit). Replace white grains such as rice, bread and pasta with brown alternatives and reduce overall carbohydrate intake.
- Avoid eating any snacks after dinner. Replace snack with herbal tea.
- Aim to eat one source of protein and one source of healthy fats with each meal. Eating protein with carbohydrates can help to stabilise blood sugar. Increasing protein can also help you feel full for longer and can assist with improving metabolism.
- Add 1 tablespoon of apple cider vinegar to a glass of water and drink 30mins before a meal (twice per day) to assist with weight loss and reduce appetite (for a total of 12 weeks).
- Increase weekly exercise to 4-5 times per week (for at least 30 minutes).
- Ensure adequate intake of soluble fibre which can help to slow the absorption of carbohydrates and release of sugar into the blood (e.g. oatmeal, nuts, legumes, apples, oranges, blueberries).

- Reduce dairy intake (considering the symptoms you mentioned). Consider milk alternatives (aim for organic).
- Aim to drink approx. 2L p/day of water. The amount you need is based on your size, environment and level of exertion so it is a guide only. Adequate water intake helps to maintain good brain function, eliminate toxins and aids digestion. Try adding some fresh lemon to water or having hot water with ginger (bruise ginger first).

Good protein sources- eggs, handful of nuts/seeds, legumes such as lentils and chickpeas, lean meat, Greek yoghurt, fish/shellfish.

Good healthy (unsaturated) fat sources- fatty fish (sardines, wild caught salmon), olives/olive oil, avocado, raw nuts (e.g. almonds, pistachios, cashews), seeds (e.g. pumpkin seeds, sunflower seeds, chia seeds, sesame seeds), tahini paste.

Where possible select organic, non- GMO or free range

A wholefood approach to eating is recommended and avoid processed foods. Include lots of vegetables, fruit (limit), good fats (e.g. olive oil, avocado, almonds), oily fish where possible (e.g. sardines, salmon) and wholegrains (limit). There is research to suggest that a Mediterranean-style diet has many health benefits which in essence includes foods such as those listed above and reduces grains and animal products.

Follow up Appointment

- Review current treatment plan
- Look at further ways to support metabolic function
- Provide further recipes and nutrition and dietary guidance (provide further guidance on amounts of carbohydrates, protein and fats)
- Review lipid profile from recent blood test results