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Hello Jazia,

Thank you for joining The Sage Sanctuary clinic to discuss your health today. It was lovely meeting you!

Below I have outlined your goals, prescription and dietary/ lifestyle recommendations that we discussed.

As you start with the treatment plan, please be in touch with any questions that arise or to share an update.

Health goals

Date	Health goal
04.10.25.	Introduce dietary modifications to support weight loss and metabolic health
04.10.25.	Improve sleep quality
04.10.25.	Improve mood and mental wellbeing

Prescription:

**** Take all supplements 2 hours away from medication**

Date	Timing	Medications	Dose	Instructions	Frequency	Reason
04.10.25.	Evening – 30 minutes before bedtime	Give Back Health MagRegulate	1 scoop	mix in water	1 per day	Improve sleep quality and mental wellbeing
TO BE SOURCED BY CLIENT	Morning & Lunch	BioCeuticals UltraClean® DHA Omega 60 Capsules	1 capsule	take with water	Twice daily	Improve mood and reduce inflammation

Dietary & lifestyle recommendations:

- 1) Nutrition assessment – please fill in and send back your nutrition assessment, see the form in attachment.
- 2) Intermittent fasting – please introduce 12:12 intermittent fasting pattern - 12 hours of eating and 12 hour of fasting in any 24 hour period. Please see detailed information in attachment.
- 3) Mediterranean diet - as we discussed, please incorporate principles of Mediterranean diet in your meal planning.

Foods to include or limit:

- Every meal – fruits, vegetables, whole grains, extra virgin olive oil
- At least 3+ servings a week – fish/ seafood, nuts, legumes (beans etc)
- Limit to 1 serving a day – poultry, low-fat dairy, eggs
- Limit to 1 serving per week – red meat, sweets

Mediterranean Diet serving goals and sizes

Food	Serving Goal	Serving Size	Tips
Fresh fruits and vegetables.	Fruit: 3 servings per day; Veggies: At least 3 servings per day.	Fruit: ½ cup to 1 cup; Veggies: ½ cup cooked or 1 cup raw.	Have at least 1 serving of veggies at each meal; Choose fruit as a snack.
Whole grains and starchy vegetables (sweet potatoes, peas and corn).	3 to 6 servings per day.	½ cup cooked grains, pasta or cereal; 1 slice of bread; 1 cup dry cereal.	Choose oats, barley, quinoa or brown rice; Bake or roast red skin potatoes or sweet potatoes; Choose whole grain bread, cereal, couscous and pasta; Limit or avoid refined carbohydrates.
Extra virgin olive oil (EVOO).	1 to 4 servings per day.	1 tablespoon.	Use instead of vegetable oil and animal fats (butter, sour cream, mayo); Drizzle on salads, cooked veggies or pasta; Use as dip for bread.
Legumes (beans and lentils).	3 servings per week.	½ cup.	Add to salads, soups and pasta dishes; Try hummus or bean dip with raw veggies; Opt for a veggie or bean burger.
Fish.	3 servings per week.	90 to 110 grams	Choose fish rich in omega-3s, like salmon, sardines, herring, tuna and mackerel.

Food	Serving Goal	Serving Size	Tips
Nuts.	At least 3 servings per week.	¼ cup nuts or 2 tablespoons nut butter.	Ideally, choose walnuts, almonds and hazelnuts; Add to cereal, salad and yogurt; Choose raw, unsalted and dry roasted varieties; Eat alone or with dried fruit as a snack.
Poultry.	No more than once daily (fewer may be better).	90 grams	Choose white meat instead of dark meat; Eat in place of red meat; Choose skinless poultry or remove the skin before cooking; Bake, broil or grill it.
Dairy.	No more than once daily (fewer may be better).	1 cup milk or yogurt; 40 grams natural cheese.	Choose naturally low-fat cheese; Choose fat-free or 1% milk, yogurt and cottage cheese; Avoid whole-fat milk, cream, and cream-based sauces and dressings.
Eggs.	Up to 1 yolk per day.	1 egg (yolk + white).	Limit egg yolks; No limit on egg whites; If you have high cholesterol, have no more than 4 yolks per week.
Red meat (beef, pork, veal and lamb).	None, or no more than 1 serving per week.	90 grams	Limit to lean cuts, such as tenderloin, sirloin and flank steak.
Wine (optional).	1 serving per day (females); 2 servings per day (males).	1 glass (150 ml).	If you don't drink, the American Heart Association cautions you not to start drinking; Talk to your healthcare provider about the benefits and risks of consuming alcohol in moderation.
Baked goods and desserts.	Avoid commercially prepared baked goods and desserts; Limit homemade goods to no more than 3 servings per week.	Varies by type.	Instead, choose fruit and nonfat yogurt; Bake using liquid oil instead of solid fats; whole grain flour instead of bleached or enriched flour; egg whites instead of whole eggs.

Serving sizes:

- Vegetables - aim to include 1 serving of vegetables and fruit with every meal.

1 Serving = 1 cup green leafy vegetables; 1 cup raw salad, ½ cup cooked vegetables, ½ medium potato; 1 medium fruit, 2 small pieces fruit

- Grains, cereals

1 serving = 1 slice bread, ½ medium roll or flat bread, ½ cup cooked rice, pasta, noodles, other grains; 2/3 cup cereal flakes, ¼ cup muesli

- Dairy

1 serving = 1 cup milk or calcium fortified milk alternative, 2/3 cup yoghurt, ½ cup ricotta or cottage cheese, 2 slices or 4 x 3 x 2cm cube hard cheeses

- Fish, Legumes, Nuts, seeds, Tofu

½ cup sardines or salmon with bones, 1 cup legumes (beans or lentils), ½ cup almonds, ¼ cup sesame seeds, 2 tablespoons tahini; 170g tofu, ¼ cup nuts, seeds or 2tbs nut butters

- Meat, eggs

1 Serve = 100g raw lean red/white meat, 2 eggs

Please see further detailed information in attachment, and find links to suggestion for meal recipes below:

- <https://nutritionsource.hsph.harvard.edu/recipes/>
- <https://oldwayspt.org/recipes/>

Adverse Reaction and Safety Information

- Take products only as directed.
- If you encounter any reactions such as feeling nauseous, headache, dizziness or the like, **STOP** taking your product immediately and call The Sage Sanctuary on 0427 430 514.
- In the case of an emergency please contact your GP or emergency service.
- Your naturopath will call you back as soon as possible to discuss the situation with you.
- Please keep all medication out of reach of children.