

## **Wellness Plan – Phillipa**

**27<sup>th</sup> August 2022**

### **Goals:**

- **Balance hormones which will reduce excess hair and breakouts and help stabilise mood**

**Prescription – continue with supplements and herbs – you should be able to jump back onto Vital.ly and do another order when these start running low:**

RN Labs Magnesium Glycinate – take 1 tablet with breakfast and 1 tablet at dinner

RN Labs Active B6 – take 1 tablet with breakfast and 1 tablet at dinner - (continue this until next appointment then we may reduce to 1 tablet)

**Herbal mix – Calendula, Chaste Tree, Peony, Licorice, Schisandra, Withania – take 7.5ml in a small amount of water, twice a day with meals**

Same mix as last time however I have added some calendula which is a gentle anti-inflammatory and is really good for our skin health. Chaste Tree has also been included which is great at supporting ovulation, increasing production of progesterone (our feel good hormone) and will help reduce PMS symptoms including sore breasts and altered mood.

### **Dietary Advice:**

- Please continue to ensure you are eating enough everyday including protein with each meal – some good protein rich snacks include hummus with crackers or veggie sticks, apples with nut butter, home made protein balls, and chia seed puddings

- Yoghurt suggestion – try Meredith Dairy Goats Natural Yoghurt – you can get it from the Spar in Maclean – it's a great alternative to cows yoghurt as goats dairy is usually digested a lot easier and is not as inflammatory

**Lifestyle Advice:**

- Continue with basal temperature charting
- Continue easing back into your exercise –
- Carve out some self care for you – even if its one hour, once a week – book it in with the family members if need be and just do something for you! Walking, hour at the beach reading a book, yoga or pilates class, gardening, massage – just something you enjoy doing and that makes you feel good!

You are doing an amazing job! Keep up with the herbs and supplements and the temperature tracking – I look forward to touching base next month to see how things are coming along 😊