

John Doe - 20 June 2020



Naturopathic Health Consultation Report

Hi John

It was lovely to meet you, here is a reminder of the things we discussed during the consult.

PRESENTING COMPLAINT/S

Recovering Food Addict. Have been sugar and carb free for last 6 months. Now plateaued and went up, and working to get back on track.



The Approach at Mind Body Shine



6 PRINCIPLES OF NATUROPATHIC MEDICINE

FIRST DO NO HARM

USE THE MOST NATURAL, LEAST INVASIVE
AND LEAST TOXIC THERAPIES.

IDENTIFY & TREAT THE CAUSES

LOOK BEYOND THE SYMPTOMS TO THE
UNDERLYING CAUSE.

THE HEALING POWER OF NATURE

TRUST IN THE BODY'S INHERENT
WISDOM TO HEAL ITSELF.

DOCTOR AS TEACHER

EDUCATE THE PATIENT IN THE STEPS
TO ACHIEVING AND MAINTAINING HEALTH.

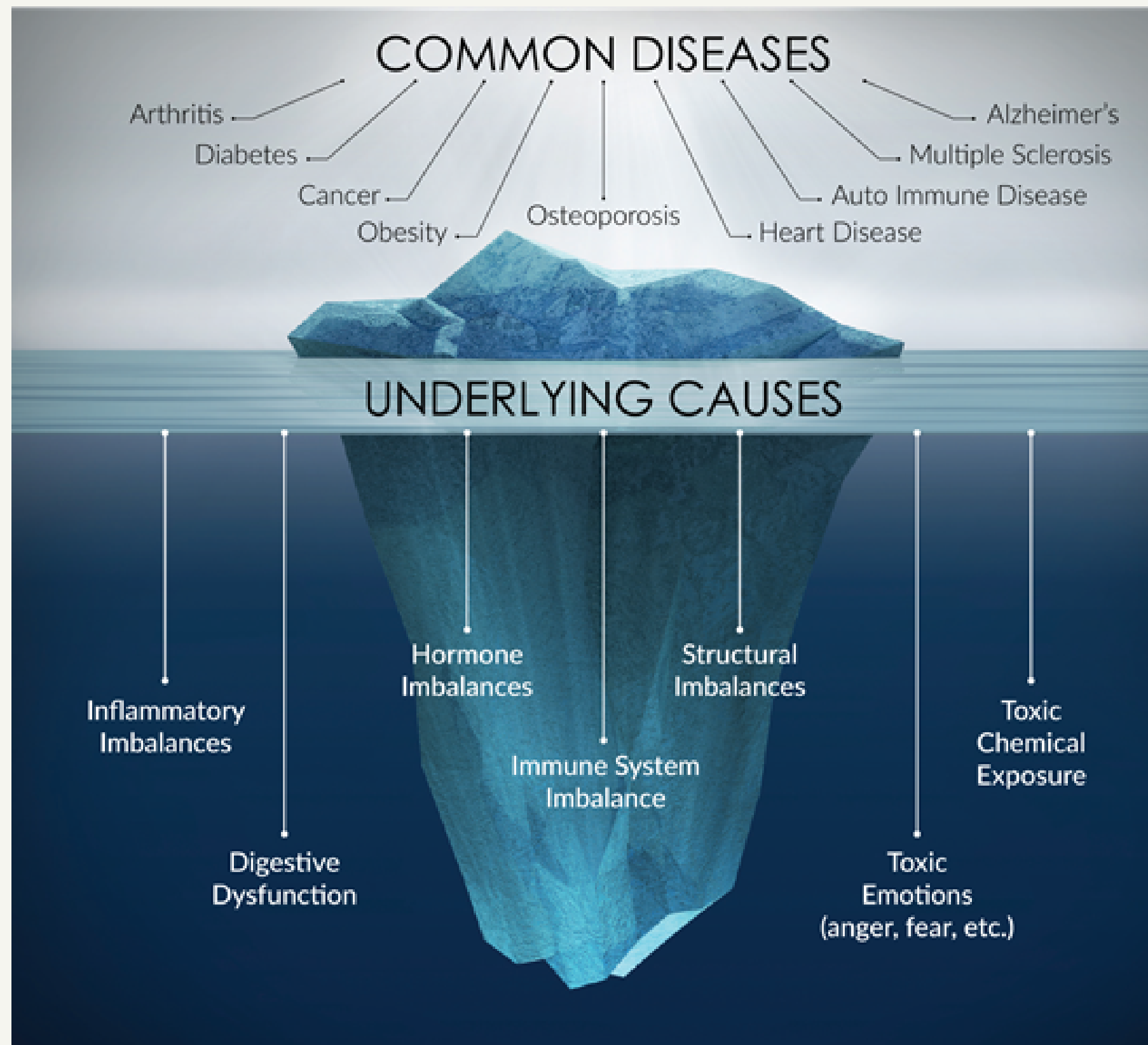
TREAT THE WHOLE PERSON

VIEW THE BODY AS AN INTEGRATED WHOLE
IN ALL ITS PHYSICAL AND SPIRITUAL
DIMENSIONS.

PREVENTION

FOCUS ON OVERALL HEALTH, WELLNESS
AND DISEASE PREVENTION.





Beyond the Tip of the Iceberg

There is an underlying cause to every disease process. Identifying and correcting the body's natural physiology has a much better chance to successfully resolve a patient's chronic health challenge.

Treatment Goals

- Promote Further Weight Loss
-

- Address Cravings
-

- Address Stress
-

- Improve Sleep
-

- Support Healing of Foot, Knee and Wrist
-



01 Promote Further Weight Loss

- MCT Oil
- Mind Body Slim Homeopathic Weight Support Formula

The weight-loss bonus MCT oil provides could have much to do with the higher burn rate, giving your metabolism a little boost in the process. MCT may also help to temporarily increase satiety and reduce food intake.



St-Onge MP, Bosarge A. Weight-loss diet that includes consumption of medium-chain triacylglycerol oil leads to a greater rate of weight and fat mass loss than does olive oil. Am J Clin Nutr. 2008;87(3):621-626. doi:10.1093/ajcn/87.3.621

The Mind Body Slim Homeopathic Weight Support Formula addresses underlying imbalances that may impede weight loss efforts. It contains 16 homeopathic ingredients to:

- support detox and drainage
- regulate glucose/ prevent insulin resistance
- boost metabolism
- regulate appetite and cravings
- support immune system
- alleviate the effects of stress



02 Address Cravings

Food craving is a symptom that something is out of balance in our body. It's a way for your body to communicate with you.

Food cravings can be related to a physical imbalance like a vitamin or mineral deficiency; or it could be a signal of emotional imbalances.



The Physical Side of Food Cravings

- **Gut & microbiome**

There is a connection between a lack of diversity of microbiomes in the gut with food cravings. To combat this, it's so important to reduce carb intake and to add probiotics into the diet.

- **Blood sugar dysregulation**

Radical highs and lows in blood sugar can cause cravings. Getting your blood sugar to a more stable place though improvements in your diet will result in a dramatic reduction in food cravings.

- **Nutrient deficiencies**

A lack of the vitamins and minerals that you need to be healthy are a major cause of cravings. Chocolate means you're craving magnesium. Bread means you're craving b vitamins. Diversify your diet and increase its nutrient density to combat cravings.



Gut: Probiotics

- Improves diversity of microbiome, which reduces cravings
- Improves intestinal health which improves the production of serotonin and dopamine, which in turn improves mood
- Recommendation: Metagenics UltraFlora Spectrum with 7 proven strains of beneficial bacteria



Blood Sugar

- Reduce carb and sugar intake which balances blood sugar, reducing cravings
- Chromium helps with regulation of blood glucose, reduction of food intake and fatigue (tiredness can trigger cravings).
- Recommendation: Metagenics Chromium Picolinate, the form that is best absorbed by the body.



Nutrients

- Eat the Rainbow
- Eat nutrient-dense superfoods which increases satiety
- Take a good quality multi-vitamin to fill nutritional gaps from diet alone
- Recommendation: Metagenics Phytomulti Capsules that provide nutrients in bioavailable activated forms

The Emotional Side of Food Cravings:

- **Awareness**

When we live mindlessly, we are disconnected from others and ourselves. This creates an emptiness; and we often try to soothe the discomfort with something that instantly gratifies like food. Becoming aware of this is the first step.

- **Acceptance**

Trying to suppress a thought or feeling only increases it. Instead of falling victim to frustration and anxiety, accepting and mindfully observing discomfort can relieve the pressure and in doing so, channel energy into something positive.

- **Transformation**

Seldom can we change external events. By turning our focus towards self-care and connection with our inner selves in spite of the challenges we face, we can reduce the discomfort that stems from heart hunger and in turn reduce cravings.



Acceptance

Acceptance is a necessary step to calming our minds and allowing flow into our lives. What we resist, persists. You can't force thoughts away.

What's more helpful is to build your ability to serve as a witness to your own thoughts. You are not your thoughts; you are the person thinking those thoughts. Mindfulness helps us see the thought as merely a moment of information. With practice, we are able to stand apart and instead of reacting impulsively, we can start to respond in a way that stems from awareness and choice.

Mindful Eating Practice: Surfing the Urge

When you find yourself lost in a sea of craving, try the following:

- Find a comfortable stable position, either seated, lying down, or even standing (because craving comes to us in all postures!) and observe the next several breaths.
- Bring your attention to the sensation of breathing, noting the rising of the in-breath and falling of the out-breath for a few moments.
- Acknowledge to yourself, “I’m having the thought that [insert desirous thought].” This will help you step back and watch the craving. Imagine that it’s the voice coming from your nav system—it’s telling you about a possible craving-related experience ahead. You don’t have to go in that direction though. You can simply note what the nav system is saying and sit back and “watch”. This is very different than arguing with the craving, or trying to force it away.
- Take another breath and vividly imagine the shape, color, size, movement, and sounds of your craving. For a single, full, deep breath, just watch and listen to your craving. No need to debate it. It’s just there. . . . information being delivered to you, not your full reality.

- And now ask yourself: What will happen if I keep staring at the screen of my nav as I'm driving my life? How will things pan out? You'll, of course, wreck the car! Are you going to merely consult the nav (the cravings-filled thoughts and images) or might you broaden your vision to include the view outside the car, sights that might enliven your life, allow you to enjoy the ride?
- Are you willing to consider this desire in a balanced way? Is it something that makes sense to move toward, or are you feeling driven by it? Are you willing to not just listen to and watch your nav, but also take in the full truth of what's happening both inside and outside the car—in the world around you? Are you willing to take it all in and then keep driving in a direction that really matters to you? Maybe you would still go in the direction the nav points, and maybe not. You—the fully aware driver—get to decide.

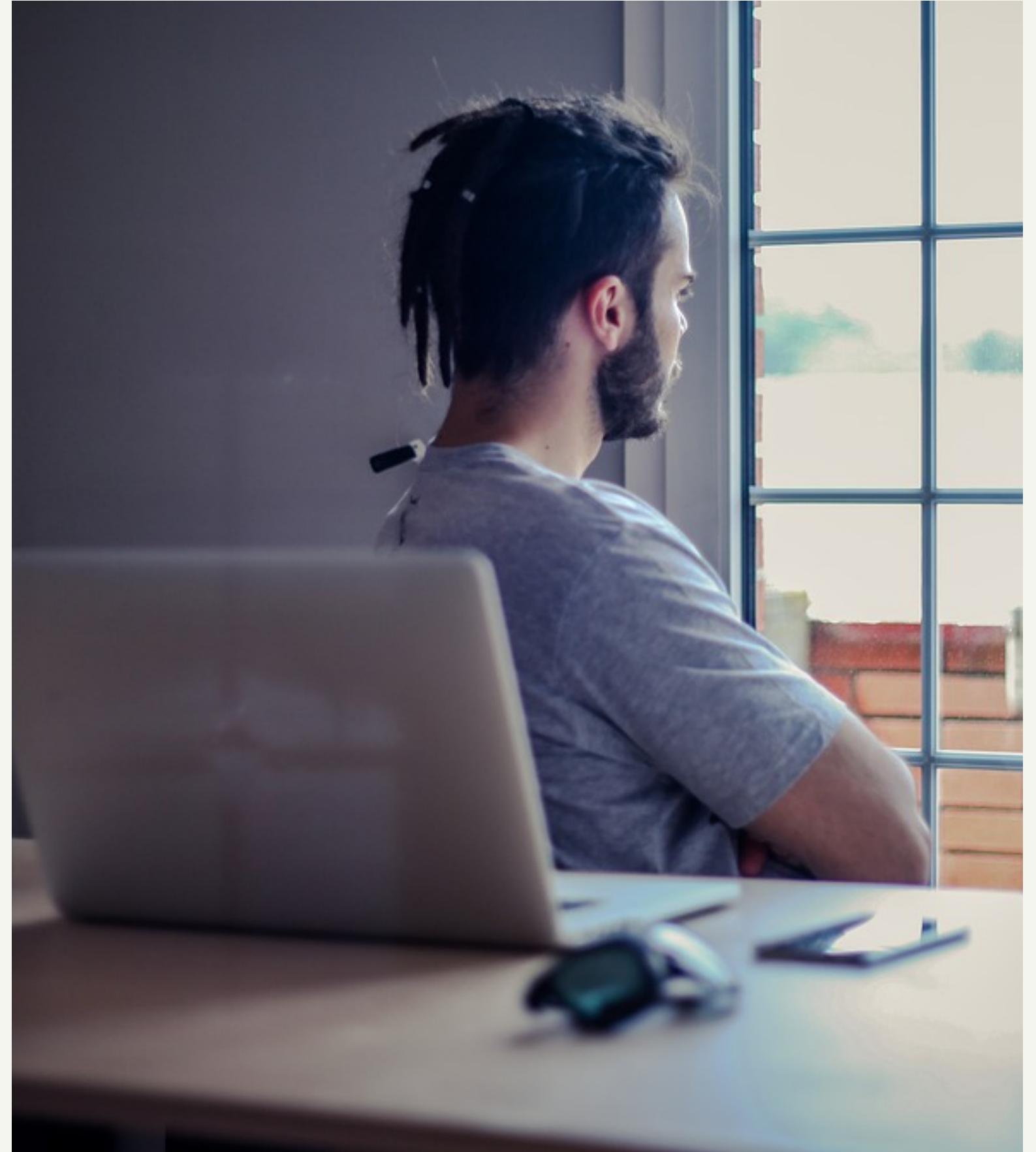
The goal with this practice is to shift from a rigid frame of thinking to foster instead a more flexible relationship with your cravings and desires. This requires a lot of practice. To be of real benefit, this practice must be sustained and in time, it will give you a measure of psychological freedom whether it be a mild chocolate impulse or an intense self-destructive urge.

Adapted from *How to Be Mindful With Your Cravings* by Mitch Abblett

A moment of introspection

When was the Last Time You Acknowledged Yourself?

It can get frustrating to try looking for validation externally and not get it, or perhaps not from specific people in our lives. Instead, we can simply acknowledge that the desire is there, and yet not let it stop us from first, being our own cheerleader.





Strategies for Self-Care

- Explore Mindfulness through Apps
e.g. MindFi, Headspace, Calm
- Gratitude Journal
Every day, list down 1 thing that you are grateful for, and 1 thing you appreciate about yourself
- Fill Up Your Own Love Tank
Every day, do 1 thing that sparks joy
e.g. going for a walk, sing, mindfully play with your pet/kid, paint

03 Address Stress

Stress sabotages weight loss efforts.

- Calm the Nervous System
- Support Adrenals



Your brain does not understand the difference between a real threat or a perceived threat. Every day stress factors such as juggling work and house duties, can leave your body in a low-level but constant stress mode. This causes the body to continuously activate the adrenal glands, which if unaddressed can contribute to **adrenal fatigue**. This also leads to the increased production of cortisol which contributes to weight gain.

One reason is because high levels of cortisol streaming through the blood makes you **less sensitive to leptin**, which is the hormone that signals to the brain that you are full. Without this signal working properly, there may be a **tendency for you to eat more** as your body thinks it needs more for survival.

Coupled with stress, the cortisol and adrenaline released can also **interfere with how your thyroid functions**. This can lead to fatigue, weight gain, and depression.

Our body's fat cells have special receptors for cortisol, and there are more of these receptors in your abdominal fat cells than anywhere else in the body. Hence with more stress, **more fat is also deposited right there in your belly fat!**

Support Adrenals: With Adaptogens

Adaptogens, as the name suggests, help our bodies adapt to things like stress, toxicity or fatigue and avoid damage from such factors.

They do so through the following ways:

- Supporting our body's natural ability to deal with stress
- Reducing the body's reaction to stressors
- Supporting our immune system and tonify the whole body.

Adaptogens can provide more positivity in one's life during times of heightened stress.





Adrenals

- Well-known adaptogens include Ginseng, Cordyceps and Rhodiola.
- Recommendation: Metagenics Adreset provides the above herbal extracts in a standardised dose to support resilience and stamina in individuals who are feeling mild weakness and fatigue due to stress



04 Address Sleep

Lack of Sleep contributes to weight gain and cravings.

- Promote Sleep with Nervines

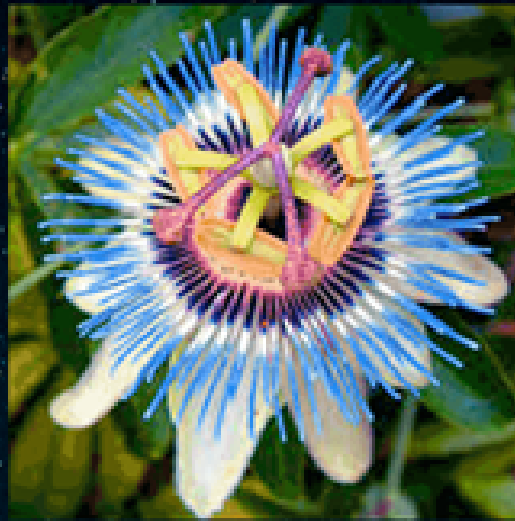
Lack of sleep that is often associated with stress also **disrupts the hormones ghrelin and leptin** which are responsible for turning your appetite on and off respectively and for telling the brain whether to use your body fat for energy or storage.

When you do not sleep enough, the body goes into **Fight or Flight** survival mode and the brain signals to the rest of the body to **go easy on the fat stores and keep them in storage**. This then leads you to being tired, hungry, **not know when you are full**, and store fat when it should be burned. You will also be more inclined to eat sugary foods that can convert readily into energy.

When the body is in Fight or Flight mode, it shuts down anything that is not vital for survival. **Digestive metabolism slows considerably** thus food is not digested properly. This in turn makes the **body retain fat and excess water**, leading to puffiness and sluggishness. Poor digestion also prevents the body absorbing the nutrients which could **exacerbate hunger**.



VALERIAN



PASSION FLOWER



LEMON BALM

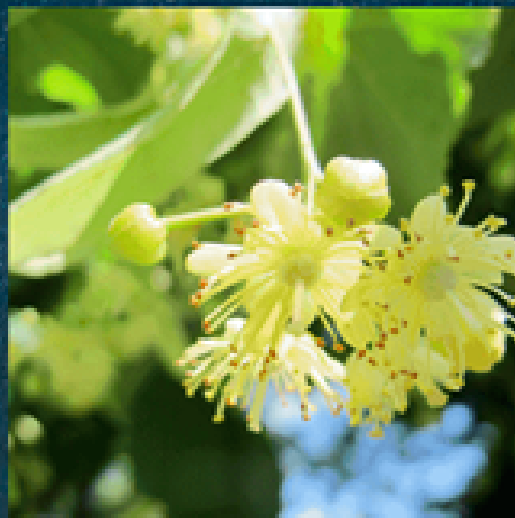


LAVENDER

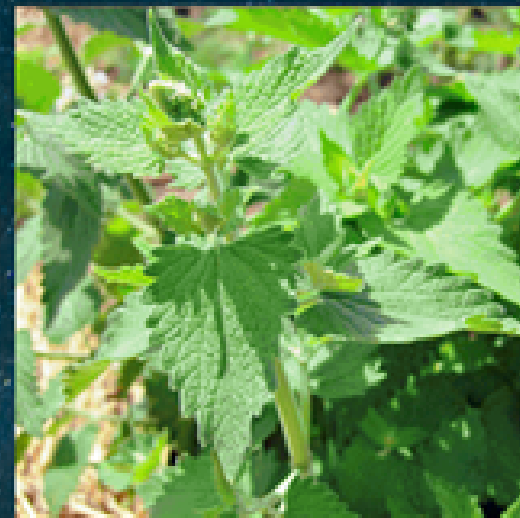
8 HERBS THAT IMPROVE SLEEP QUALITY



CHAMOMILE



LINDEN FLOWER



CATNIP

Improve Sleep

- These nervine herbs are available in supplements and herbal teas, and some like lavender as essential oils.
- Recommendation: Metagenics MyoCalm Plus (same as previous) contain many of these herbs in standardised extracts and therapeutic doses.

A moment of introspection

Finding calm and improving sleep are your utmost priorities.

Once you achieve these, your food addictions will also hopefully taper down a notch and the weight loss will follow, and more importantly, be sustainable.



05 Assist in Healing Foot, Knee and Wrist

- Reduce Inflammation

Since you are already taking nutrients for rebuilding the cartilage, I thought to support this area in the way of dietary tips on how to reduce inflammation which can help improve healing and reduce pain and discomfort.



Reduce Inflammation

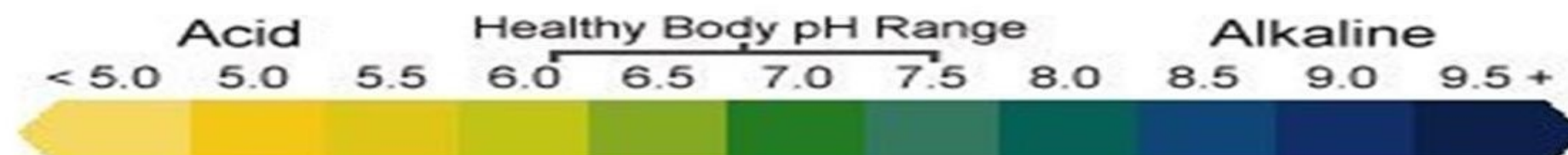
- Adopt an anti-inflammatory diet, increasing the intake of alkalising foods and reducing the intake of acidifying foods. (next page)
- Consume more fish and take Omega 3s
- Recommendation: Metagenics Inflavonoid Intensive Care which features highly bioavailable curcumin and fenugreek which may help support the body's response to inflammation and oxidative stress. It also offers boswellia and ginger extracts, which may help support the body's immune response.



ACID/ALKALINE FOOD CHART

Most Acid	Acid	Lowest Acid	FOOD CATEGORY	Lowest Alkaline	Alkaline	Most Alkaline
NutraSweet, Equal, Aspartame, Sweet 'N Low	White Sugar, Brown Sugar	Processed Honey, Molasses	SWEETENERS	Raw Honey, Raw Sugar	Maple Syrup, Rice Syrup	Stevia
Blueberries, Cranberries, Prunes	Sour Cherries, Rhubarb	Plums, Processed Fruit Juices	FRUITS	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	Dates, Figs, Melons, Grapes, Papaya, Kiwi, Berries, Apples, Pears, Raisins	Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas
Chocolate	Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	Cooked Spinach, Kidney Beans, String Beans	BEANS, VEGETABLES LEGUMES	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic
Peanuts, Walnuts	Pecans, Cashews	Pumpkin Seeds, Sunflower Seeds	NUTS, SEEDS	Chestnuts	Almonds	
		Corn Oil	OILS	Canola Oil	Flax Seed Oil	Olive Oil
Wheat, White Flour, Pastries, Pasta	White Rice, Corn, Buckwheat, Oats, Rye	Sprouted Wheat Bread, Spelt, Brown Rice	GRAINS, CEREALS	Amaranth, Millet, Wild Rice, Quinoa		
Beef, Pork, Shellfish	Turkey, Chicken, Lamb	Venison, Cold Water Fish	MEATS			
Cheese, Homogenized Milk, Ice Cream	Raw Milk	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese	EGGS, DAIRY	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	Breast Milk	
Beer, Soft Drinks	Coffee	Tea	BEVERAGES	Ginger Tea	Green Tea	Herb Teas, Lemon Water

****The optimum pH for the blood is slightly alkaline in the 7.3--7.4 range****





*Thank
you!*

On a final note...

I hope this report is useful and can help you get started on next steps to reaching your goal. Do note that your supplement instructions are in a separate document in case you want to print it out. Please do not hesitate to contact me if you need clarification on any of the above points. I look forward to seeing you again for your follow-up consult.

Take care till then!

Tiffany

About Me

Tiffany Wee
Founder of Mind Body Shine
Naturopath, Nutritionist & Mindful Eating Coach

Practicing from a functional medicine perspective , Tiffany specializes with passion in children's health, women wellness, weight-loss and the management of digestive, skin and chronic disease. She is recognised and much loved by her clients for her warmth, efficiency and expertise in helping them achieve their health and wellness goals.

Believing firmly in the mind-body connection, Tiffany is also trained as a mindfulness coach by the prestigious UCSD. She runs regular mental-health workshops and retreats, and is a content creator for the mindfulness app MindFi.

Her corporate clients include Google, Zurich, AutoDesk, Metro, ION Orchard, PayPal, Aventis School of Management and TripAdvisor. She is also an international brand ambassador for Aveda, Jeric Salon and NuZest.





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