

# sample blueprint

LET YOUR (HEALTH) JOURNEY  
BEGIN...



**NUTRITION, LIFESTYLE & HEALTH PROTOCOL**  
**DR. LAURYN**

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# welcome to thrive!



## Welcome to Thrive Wellness & Recovery!

In the following pages you will find your Blueprint, a follow-up summary from your Initial Intake appointment, along with initial recommendations for your **Nutrition, Supplements, Movement & Lifestyle protocol** to get started.

**"LET'S HELP  
YOU THRIVE, FROM  
THE INSIDE OUT..."**

Let me know if you have and I look forward to working with you in your continued health journey.

In health & healing,

*Dr. Lauryn Lax*

# goals:

## I THINK I CAN... (& YOU CAN)

### -THE LITTLE ENGINE THAT COULD

#### **The primary goals you discussed include:**

1. Stopping major bloating/ bowel movement issues (constipation)
2. Reaching a healthy, happy bodyweight
3. Finding the right diet plan to fit your body
4. Food freedom
5. Feeling confident in your own skin

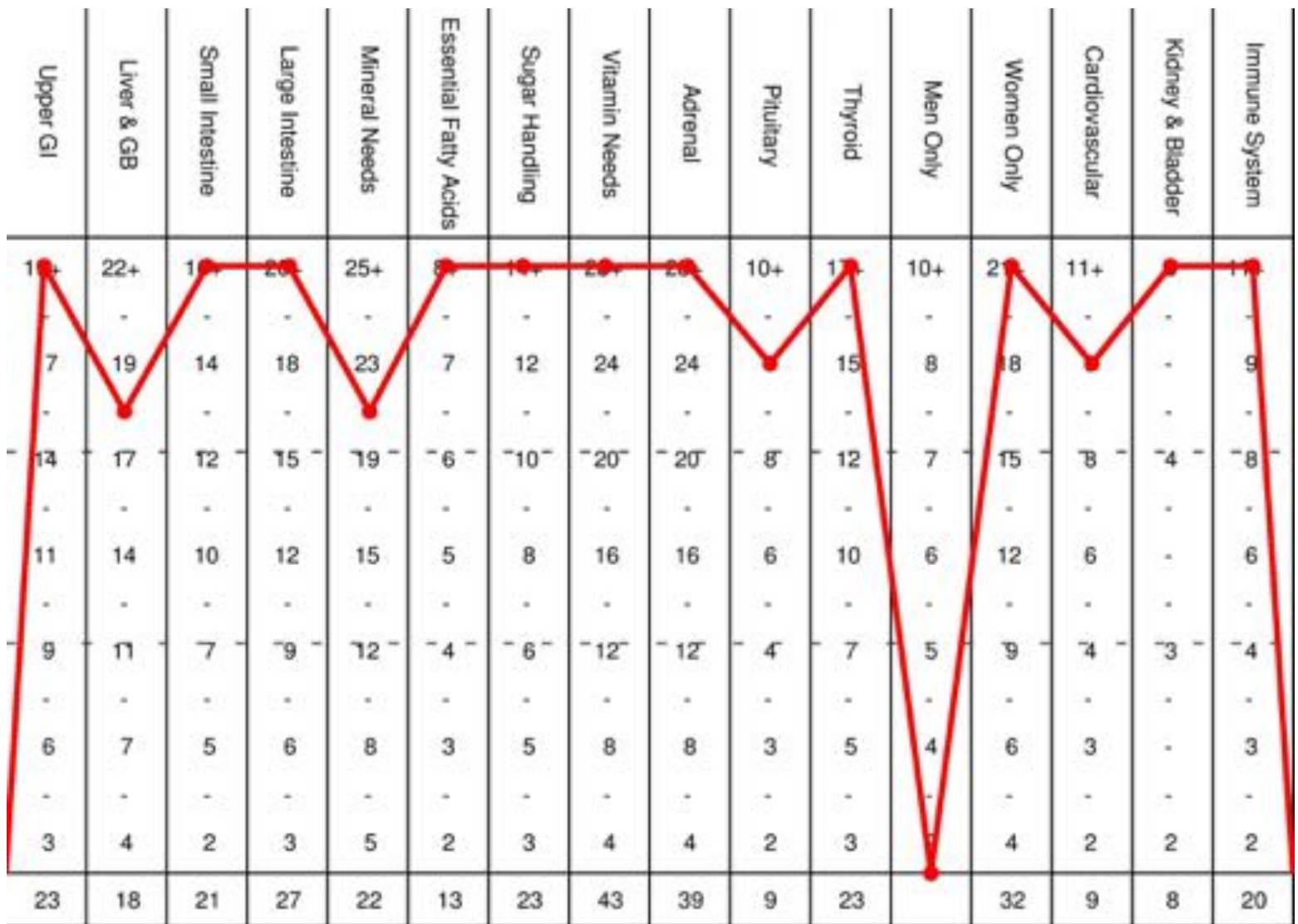
Your Blueprint is your roadmap for helping you "get there."

*...So let's get to it...*

*initial  
findings*

# initial findings: nutri-q

The following graph is the report from your Initial Nutri-Q Screening Results indicating areas of priority, deficiency and health needs. I use this screening tool to help make initial nutrition, supplement and lab recommendations to save you unnecessary time and money from non-customized supplements and lab testing.



# initial findings

Based on your Initial Intake Consult & Paperwork, the following findings were indicated:

**Pattern:** GI

Dysfunction, Hypochlorhydria & Liver Biliary Congestion

**Supporting Markers:** A-typical small intestine and low stomach acid markers, constipation, adult acne, seasonal allergies, use Tums & PPI's, bloating after meals

**Pattern:** Hypoglycemia / Sugar Handling

**Supporting Markers:** Sweets and coffee cravings/ consumption, Afternoon yawning/Sleepy in afternoon, difficulty losing weight, Excessive appetite

**Pattern:** HPA Axis Dysfunction

**Supporting Markers:** Blood sugar imbalances, Anxiety/stress acknowledged, Go-go-go lifestyle, Skipped menstrual cycle, Unwanted weight gain/difficulty losing weight

## COMMENTS

You don't know how good you can feel until you feel really GOOD! That said, your mental health, physical health and energy are closely intertwined with your gut health, adrenal (hormone) health and blood sugar balance., By supporting these markers and concentrating treatment on healing the roots of imbalance, instead of JUST going to therapy or taking a pill, you may find you naturally heal.



# Functional Lab Testing

The tests we offer &  
how they can help YOU get better

## Recommended Lab Tests:

- **Comprehensive Blood Panel**
- **DUTCH Cortisol Test**
- **Stool Test**

**Comprehensive Blood Panel:** Screening tool using functional lab markers for a clear [overall picture of health markers and deficiencies](#) (if any)

**DUTCH Test** cortisol and hormone testing will display current stress and hormone balance and give us information on how to bring them back to balance for enhanced energy, metabolism, decreased anxiety/mood and improved hormone balance.

**Stool Test** findings reveal if any fungal, yeast, parasitic or dysbiosis (bacteria imbalance) are at play in the colon/GI tract that [interfere with digestion AND metabolism & hormone \(cortisol balance\) production](#) and contribute to stress/mindset with food/body



# initial protocol recommendations:

“THE NATURAL HEALING  
FORCE WITHIN EACH OF  
US IS THE GREATEST  
FORCE IN GETTING  
WELL.” -HIPPOCRATES

- Initial 30 Day Thrive Kickstart (Nutrition, Lifestyle & Gut Love Protocol)  
(Your Package includes: 2 Sessions + 30-Minute Lab Analysis Reveal  
+ Ongoing Email Support)
- Lab Testing & Baseline Supplement Support to get to the roots of any  
body imbalances & further customize your plan
- Optional Additional Coaching/Therapy Support Sessions: 30-minute  
Weekly Check-ins

nutrition &  
supplement  
blueprint

# NUTRITION BLUEPRINT

## LET FOOD BE THY MEDICINE

Your Nutrition is the first line of “attack” for restoring energy and addressing any underlying imbalances. All you have to do? Eat REAL food.

Meats and fish. Colorful veggies! A little fruit and starchy tubers/roots. Healthy plant and traditional animal fats. LOTS of water.



# NUTRITION

## "REFRESH:"

### PLAN

#### Pre-Breakfast

12-16 ounces of warm lemon water with a pinch of sea salt  
Probiotic

#### Meal 1

3-4 oz. Protein (2-3 eggs, salmon, sausage, bone broth + collagen, primal plants protein, etc.)  
Veggies (optional, or extra serving later)  
1-2 Healthy Fats

#### Meal 2

4-5 oz. Protein  
1-2 Veggies (Something Green)  
1-2 Healthy Fats (1 tbsp. oil/fat, 1/2 avocado)

#### Meal 3

4-5 -oz. Protein  
1-2 Veggies of choice (especially leafy greens)  
1-2 Healthy Fats

#### Snacks (1-2/Day, as needed)

**2-3 oz. Protein or 1-2 tbsp. Fat Based Snack like:**

1/2 Apple + Almond Butter; Carrots & Guac; Celery + Sunbutter; Coconut Butter Packet; Green Smoothie; Bone Broth; Handful Raw Nuts/Seeds

#### Post Dinner

Herbal Tea + Probiotic  
Real Food "Treat" (Dark Chocolate, Goat's Milk Ice Cream, etc.)

*\*See Your Complete Food List, Cookbook & Custom Meal Ideas List to pick & choose foods*



# SAMPLE DAY

## Pre-Breakfast

12-16 ounces of warm lemon water with a pinch of sea salt  
Probiotic

## Meal 1

coconut milk + primal plants protein + 1/2 avocado + greens + 1/2 banana

## Meal 2

4-5 oz. canned wild salmon with 1 tbsp. paleo avocado mayo/Primal Kitchen dressing + greens + yellow/zucchini squash + asparagus + apple cider vinegar

## Meal 3

soaked black beans w/ broth or chicken roasted veggies (carrots, mushrooms, chard) with olive oil & coconut flakes

## Snack (only if hungry, may not need a snack)

closed fistful macadamia nuts

## Post Dinner

Cinnamon Tea + Probiotic/Prebiotic  
optional: Real Food "Treat" (small Dark Chocolate 100% square: Eating Evolved)

*\*See Your Complete Food List, Cookbook & Custom Meal Ideas List to pick & choose foods*





# supplement savvy

*Food is your first "medicine." But a few supplements can help make sure our food is absorbing and digesting appropriately. Here are some quality recommendations:*

## **Gut Support**

### **Probiotics & Prebiotics (Healthy Gut Bacteria)**

**Soil Based Probiotic**

**Prebiotic**

**Apple Cider Vinegar**

### **Blood Sugar Balance & HPA Axis Support (Stress & Energy)**

**HPA Balance**

### **Nutrient Boosters**

**B Complex**

**Cod Liver Oil (Vit. D & A + EFAs)**



# supplement schedule

## **Pre-Breakfast**

Probiotic + ACV

Warm Lemon Water (12-16 oz.)

## **Breakfast**

ACV

HPA Balanc

Cod Liver Oil

B-Complex

## **Lunch**

ACV

## **Dinner**

Atrantil

ACV

## **Post Dinner**

Probiotic

HPA Balance

Prebiotic

Herbal Tea (optional; for gut healing & mind boosting herbs; mix it up: dandelion root, milk thistle, ginger)

fitness  
blueprint.



# WORKIN ON YOUR FITNESS...

Your body was made to move, not necessarily “exercise.” DO THINGS YOU LOVE, while being mindful that fitness is meant to ENHANCE your health and LIFE (not stress it). Incorporate a blend of strength/conditioning (foundation) + flexibility + walking and daily lifestyle activities + the 11th Element of Fitness (**recovery**).

**Day 1:** Gym Routine (Weights/HIIT)

**Day 2:** Gym Routine (Weights)

**Day 3:** Gym (Weights/HIIT)

**Day 4:** Active Rest

**Day 5:** Gym Routine (Weights/HIIT)

**Day 6:** Something out of your norm, or fun. Drop into a class. Explore a new park/hiking trail/beach walk. Or 1 of my workouts for you.

**Day 7:** Yoga/Hike/Prep/R&R



**DO WHAT YOU LOVE,  
LOVE WHAT YOU DO**

summary:  
what now?!!

# 4 game changing habits to start now

*One question to ask your body  
always: How do I feel?*



## **Hack 1: Replace Sugar with Fat**

Combat sugar cravings with healthy fat like coconut butter, sun-butter, handful raw nuts, avocado, plantain chips + guacamole. ALSO: Check in ("What am I REALLY craving?")

## **Hack 2: Drink Half Bodyweight in Oz. of Water**


Water is like a breath of fresh air for your brain, gut and hormones. Get a stainless steel water bottle, and add citrus spritzed in if you need flavor.

## **Hack 3: Eat at Least 3 Meals/Day with Protein + Body Boosting Fat + Veggies (Pegan)**

Emphasize adding a healthy fat to each meal to banish sugar/caffiene cravings, like avocado, olive oil, avocado oil, nuts/seeds, coconut, coconut oil, etc.

## **Hack 4: Cut Back on Intensity**

Give yourself permission to take a break from "pushing" yourself. Focus exercise on "nurturing" and restoring your body with walking, yoga and minimal strenuous activity. Incorporate an intentional active rest day + R&R day + FUN day



You don't know  
how good you can  
feel. Until you feel  
good. (Let's get  
you there).

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DR. LAURYN LAX  
*Thrive Wellness & Recovery*

