RÊVE HEALTH

FOUNDATION PROTOCOL

WELLNESS PLAN

INTAKE FORM INSIGHTS
LAB RESULTS
PERSONALIZED GUIDANCE

REVEHEALTH.COM

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ABOUT THE FOUNDERS

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I got sick in my early forties, and was gaslit by doctors who told me my issues were “normal” for my age. While I was able to resolve many health concerns with lifestyle changes and holistic treatments, I still underwent two Myomectomy surgeries (fibroid surgeries).

In hindsight, I believe these could have been avoided with earlier holistic intervention. My experience was a catalyst to help empower other women at any age.

We have the ability to balance our hormones, avoid surgical interventions, and extend our healthspan with a blend of science and lifestyle.

Madeline Cunningham, L.Ac, IHP, AFMCP

After years of living a healthy lifestyle and growing a private practice, I began experiencing symptoms that slowly increased over time. Many doctors appointments, misdiagnoses and being told I was “tired” or “anxious,” I was finally diagnosed with Lyme disease and environmental illness.

In my private practice, I constantly saw women suffer from chronic illness or toxicity and worry about how it was going to impact their fertility. I was now one of them.

After healing my body with holistic and lifestyle interventions, I realized I could teach other women to do the same– to create healthier versions of themselves and potentially healthier future generations.

BENEFITS OF EXERCISE:

BALANCED BLOOD SUGAR
IMPROVED INSULIN SENSITIVITY
IMPROVED BODY COMPOSITION
BETTER SLEEP
REDUCED ANXIETY & DEPRESSION
BETTER BLOOD CIRCULATION
IMPROVED LYMPH MOVEMENT

FOOD & NUTRITION

Food has the ability to greatly influence our physiology. When we choose foods that keep blood sugar balanced, support healthy hormones, avoid toxins, and provide nourishment, food can be used as a major health tool.

Based on your intake form responses, it looks like you follow a high protein diet and have no known food sensitivities or allergies. You reported craving sweets and chocolate under periods of heightened stress, and occasionally craving fatty foods/foods with cheese.

Your hemoglobin A1c measured on the low end of the prediabetes range, which indicates you are experiencing consistently high blood sugars after eating. This could be due to underlying insulin resistance driven by some hormonal imbalances. This was reflected in your above optimal fasting insulin, elevated free testosterone, and low SHBG.

The good news is, elevated hemoglobin A1c in the prediabetes range is reversible with dietary and lifestyle interventions! **Following a high protein diet can be supportive for regulating blood sugar and maintaining lean body mass, so continue placing an emphasis on whole-food sources of proteins**. Limit intake of protein sources high in saturated fat like fatty cuts of red meat and processed meats. Focus on lean protein sources like pasture raised chicken and cold-water fatty fish low in mercury like wild salmon.

Studies show a diet high in vegetables, low glycemic fruits like berries, and legumes can help reduce the size and prevalence of uterine fibroids due to their high content of anti-inflammatory compounds. These foods are also rich in fiber, which can help lower LDL cholesterol and hemoglobin A1c. Fiber acts as a sponge in our digestive tract to soak up excess cholesterol and excrete it from the body via stool. It also helps slow down the absorption of carbohydrates, which promotes lower blood sugar levels.

If you enjoy green tea, it's particularly high in a bioactive compound called ECGC, which has been studied to reduce the size and prevalence of uterine fibroids, as well as risk of cancer. **Consider enjoying a cup of loose-leaf green tea or matcha daily.** Choose decaf if you are sensitive to caffeine and never have the caffeinated version on an empty stomach to avoid unnecessary blood sugar spikes. In addition, some studies suggest dairy may increase the size and prevalence of uterine fibroids. It may be helpful to limit your intake of dairy at this time.

Avoid enjoying carbohydrates "naked," always "dress them up." Carbs are the macronutrient that contribute to elevated blood sugar levels. However, you still need some carbs to maintain consistent energy levels. "Dress" your carbs up with protein, healthy fats, and fiber to decrease your blood sugar spike. Choose starchy root vegetables like sweet potato more often than grains like rolled oats as your carb source.

FOOD & NUTRITION

To ensure you are eating appropriate portions at meals of the recommended foods, focus on this plate model as a framework to visualize the different proportions of the food groups on your plate:

- 60% of your meal should be from non-starchy and colorful veggies such as lettuce, broccoli, tomatoes, cucumber, peppers, and cabbage.
- 25% of your meal should be from protein dense whole foods such as wild cold water fatty fish low in mercury (salmon), pasture raised eggs and chicken, and organic and non-GMO tofu and tempeh.
- 15% of your meal should be from complex carbohydrates such as sweet potatoes, winter squash, berries, and legumes (which also contain protein). Include whole grains like wild rice, quinoa, and rolled oats sparingly.
- One to two tablespoons of healthy plant-based fats should be included at each meal from sources like avocado, olive oil, nuts, and seeds.

SUMMARY OF RECOMMENDATIONS

- Purchase organic whenever possible, wash your produce to reduce pesticide exposure, and stick to a whole foods diet as much as possible
- Include protein and fiber rich veggies at each meal
- Choose starchy root veggies, fruit and legumes as your carb choices most of the time, inviting grains sparingly
- Consider limiting dairy in your diet

VICES

Everyone handles and process stress differently, which at times can include vices such as alcohol, sugar, and even overworking. It is always good practice to check in with yourself to see if these habits are supporting your health goals.

Based on your intake form responses, it looks like you drink alcohol on rare occasions. You also reported occasionally craving sugar in moments of stress. **Having balanced blood sugar will help mitigate the cravings for sugar in high stress moments.**

With all vices, it's important each time we choose to indulge to evaluate our intentions. **What is the feeling I am searching for here? Is there another way I can get my needs met that feels healthier?** Asking these questions allows us to make informed decisions when we decide to indulge.

General recommendations for vices include pausing before taking action, evaluating intentions for indulging, and recognize the difference between an informed action and a habituated response.

SUMMARY OF RECOMMENDATIONS

- Check in with your intentions
- Pause before consuming
- Make an informed action choice vs a habituated response

STRESS

Increased stress and cortisol levels can have detrimental impacts to almost every single system in the body, including gut health, thyroid function, sex hormone production, immune function, rapid aging, and more.

Based on your intake form responses, your reported stress level is elevated, rated a 6/10. You reported experiencing symptoms of racing thoughts and chest tightness. You reported not utilizing relaxation techniques in periods of heightened stress.

The nervous system gets conditioned to respond to situations through repetition. If there is a repetitive pattern of coping with difficult emotions, reacting to stress in the same pattern, or repeating the same stress-inducing thoughts, the body will continue to respond in the same way.

Based on your cortisol test results, your body is likely alternating between **dorsal vagal (freeze response) and sympathetic (flight response)**. There are exercises you can do to re-regulate the nervous system over time.

Finding Body Boundaries
Gently and slowly rub the sides of your arms
Focus on what the touch feels like
Repeat for 3-5 minutes

Visualizations
With eyes closed, visualize a version of you
This version is calm, peaceful, unwaveringly solid
Imagine in detail who this person is, how they talk, what they wear
Repeat 1-2x/day for 3-5 minutes per session

Orient
Feel yourself being supported by the surface beneath you - a chair, floor, bed
Notice the supportive surface touching your body and relaxing into it, feeling fully held
Repeat several times throughout the day

General recommendations for stress management include taking epsom salt baths, set boundaries to support your needs, and develop a spiritual practice that supports a connection to something greater than yourself.

SUMMARY OF RECOMMENDATIONS

- Develop a consistent nervous system regulating practice
- Find the titration of coming back to your body
- Attend our weekly meditations if possible
- Set healthy boundaries
- Connect to something bigger than yourself

CHRONIC STRESS NEGATIVELY IMPACTS EVERY ORGAN SYSTEM IN THE BODY

TOXINS

Everyday products, such as laundry detergent, candles, soaps, and makeup, can be a source of toxin exposure. Many of these products act as endocrine disruptors, contributing to imbalanced cycles, increased perimenopause symptoms, fertility issues, and more.

Based on your intake form, it looks like you are exposed to mold and have previously lived on a golf course. Depending on the level of exposure, mold can interfere with hormone production and cause various health issues. Golf courses tend to contain high levels of pesticides that impact nearby homes. Both may be contributing to your current health picture.

Opening windows when possible can make a dramatic difference in air quality. **High quality air filters** are also worth the investment, especially if you live in a city or near a highway.

Candles and conventional cleaning products tend to release many VOCs (volatile organic compounds) that pollute indoor air quality. Added fragrance is a known endocrine disrupting factor. **Opt for scents that are essential oil based and clean burning candles along with non-toxic cleaning supplies.**

Finding healthy substitutes for kitchen supplies is essential, such as **replacing non-stick pans with stainless steal or** cast iron and using glass containers instead of plastic. Non-stick chemicals, such as Teflon, are known to potentially cause cancer. Plastic food containers can leek into the food, and when consumed, mimic estrogen in the body.

Non-organic rugs and carpets can off-gas chemicals, such as flame retardants, that can reduce indoor air quality. **Making replacements to organic rugs** when current items wear is recommended.

Switching to non-toxic personal care products (shampoos, body lotions, makeup, etc) is important for hormone health. **Opt for BPA free and phthalate free products to reduce endocrine disrupting chemicals.**

Utilizing a sauna has been shown to reduce overall toxin load and may help decrease environmental pollutants in the body. **Aim for 2-3 20 minute sessions per week**.

General recommendations for reducing toxin exposure include using a high quality air filter, keep your phone and wifi router out of the bedroom, and keep windows open frequently to promote air circulation.

ADVANCED BLOOD CHEMISTRY

METABOLIC PANEL

FASTING GLUCOSE

YOUR VALUE	96 mg/dl
INDICATION	Optimal
FUNCTION	Glucose is the body's main energy source. It is formed in the liver and from eating carbohydrates. Glucose levels can be impacted by epinephrine, cortisol, and thyroid hormone.

BUN

YOUR VALUE	17 mg/dl
INDICATION	Optimal
FUNCTION	Blood Urea Nitrogen (BUN) measures how much urea nitrogen is in the blood. Urea nitrogen is a waste product of protein metabolism that is excreted by the kidneys. It can be a useful marker to see kidney functionality.

CREATININE

YOUR VALUE	0.76 mg/dl
INDICATION	**Below Optimal**
FUNCTION	Creatinine is a byproduct of muscle contraction and is removed by the kidneys. It can be a useful marker for kidney function. Below optimal levels can indicate muscle breakdown.

SODIUM

YOUR VALUE	139 mmol/L
INDICATION	Optimal
FUNCTION	Sodium is the most prevalent cation (a type of electrolyte) outside of the cells. Sodium is important for acid base balance, keeping the urine acidic, and helps nerve and muscle function.

POTASSIUM

YOUR VALUE	4.1 mmol/L
INDICATION	Optimal
FUNCTION	Potassium is the primary electrolyte inside of the cells. It plays a role in nerve conduction, muscle function, cellular transport, and heart and kidney function.

CHLORIDE

YOUR VALUE	104 mmol/L
INDICATION	Optimal
FUNCTION	Chloride is the most prevalent anion (a type of electrolyte) outside of the cells It helps with cellular integrity.

CARBON DIOXIDE

YOUR VALUE	22 mmol/L
INDICATION	**Below Optimal**
FUNCTION	Carbon Dioxide is a measurement of bicarbonate, or base, in the blood. A base helps keep the body from becoming too acidic. Carbon dioxide neutralizes acids such as hydrochloric acid and lactic acid. Below optimal levels of carbon dioxide can be due to incomplete digestion of nutrients, shallow breathing or sleep apnea.

CALCIUM

YOUR VALUE	8.8 mg/dl
INDICATION	Optimal
FUNCTION	Calcium has many functions including muscle contraction, blood clotting, protein absorption, cardiac function and transmission of nerve impulses. Calcium levels are primarily regulated by the parathyroid hormone, which will increase bone reabsorption to increase calcium levels. Calcium absorption is dependent on stomach acidity and is physically absorbed in the upper part of the small intestine.

ADVANCED BLOOD CHEMISTRY

CHOLESTEROL PANEL

TOTAL CHOLESTEROL

YOUR VALUE	198 mg/dl
INDICATION	Optimal
FUNCTION	Cholesterol is found in every cell of the body. It is an essential component of the structure of a cell membrane, provides the structure for steroid hormones (adrenal hormones, sex hormones, and vitamin D) and is a component of nerve fibers. It is produced in the body by the liver, intestines, and skin and also comes from dietary sources.

TRIGLYCERIDES

YOUR VALUE	51 mg/dl
INDICATION	**Below Optimal**
FUNCTION	Triglycerides are a type of fat found in the blood. Any excess calories that are not utilized are converted into triglycerides to be used as energy between meals or in fasted states. Triglycerides are highly influenced by dietary carbohydrates and fats. Below optimal triglycerides can be attributed to low fat intake, blood sugar issues and more.

HDL

YOUR VALUE	63 mg/dl
INDICATION	Optimal
FUNCTION	High Density Lipoprotein (HDL) is a lipoprotein that transports cholesterol from tissues and vessel walls to the liver. It is considered "good" cholesterol because it brings cholesterol away from the tissues to prevent atherosclerosis. Elevated HDL can occur in those fasting.

VLDL

YOUR VALUE	9 mg/dl
INDICATION	Optimal
FUNCTION	VLDL stands for very low density lipoprotein. The main job of VLDL is to carry cholesterol and triglycerides to other parts of the body.

ADVANCED BLOOD CHEMISTRY

NUTRIENTS

IRON BINDING CAPACITY

YOUR VALUE	284 ug/dl
INDICATION	Optimal
FUNCTION	Iron Binding Capacity is an estimation of serum transferrin levels. Transferrin is a protein that carries iron in the blood. It represents the body's craving for iron.

IRON

YOUR VALUE	116 ug/dl
INDICATION	Optimal
FUNCTION	Serum iron levels are a measurement of the iron bound to a protein, mostly transferrin. The majority of iron comes from dietary sources. Adequate stomach acid and vitamin C are required for the absorption of iron where it is mostly absorbed in the small intestine.

IRON SATURATION

YOUR VALUE	41%
INDICATION	Optimal
FUNCTION	Iron saturation is a calculated percentage to determine iron status. A low iron saturation indicates iron deficiency.

FERRITIN

YOUR VALUE	49 ng/ml
INDICATION	Optimal
FUNCTION	Ferritin is a blood protein that contains iron. It is used as a marker to measure the body’s stores of iron.

SALIVARY CORTISOL

UNDERSTANDING YOUR STRESS RESPONSE ALLOWS YOU TO FIND STABILITY IN YOUR BODY

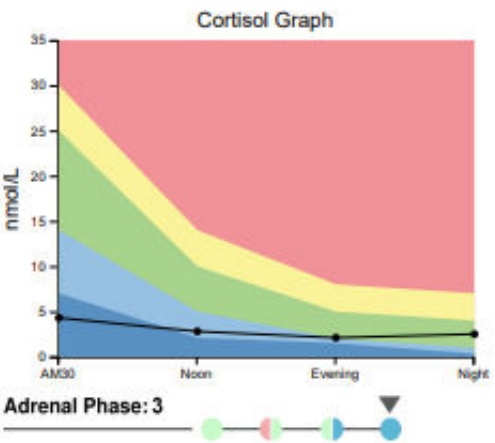
THE CORTISOL CURVE

Your cortisol curve shows how your cortisol levels fluctuate throughout the day. Cortisol is our stress response hormone. It also has other functions, such as helping control metabolism, suppressing inflammation and regulating blood sugar.

Cortisol peaks in the morning - it's what wakes us up with the sunrise. Ideally, cortisol should decrease during the day and should be lowest before bed.

Normal increases and decreases in cortisol in response to life stress are normal. Cortisol becomes problematic when it is chronically increased or decreased.

Symptoms of imbalanced cortisol include anxiety, insomnia, headaches, irritability, blood pressure issues, weight gain especially around the abdomen, low blood sugar, fatigue, dizziness, body aches, and fertility related issues.



CORTISOL MORNING: 4.3
CORTISOL AFTERNOON: 2.8
CORTISOL EVENING: 2.1
CORTISOL NIGHT: 2.5
DHEA: 249

CORTISOL MORNING

Your morning cortisol levels are low. This likely feels like difficulty getting out of bed in the morning and experiencing sluggishness.

CORTISOL NIGHT

Your night cortisol levels are optimal. This likely makes it easy to fall asleep at night and feel relaxed. With low cortisol levels during the day, this likely feels like a time you can be productive.

CORTISOL AFTERNOON

Your afternoon cortisol levels are low. It is likely that the tiredness and sluggishness continues into the afternoon.

DHEA

Your DHEA levels are optimal. The body likely was previously in a state of elevated DHEA when the body was attempting to keep up with the stress response. Adrenal phase 3 function indicates that DHEA levels will likely decrease if the stress response isn't addressed.

CORTISOL EVENING

Your evening cortisol levels are normal. This likely feels like you have more energy in the evening.

HAIR HEAVY METAL ANALYSIS

YOUR HAIR IS ONE OF THE SAFEST WAYS YOUR BODY CAN PUSH HEAVY METALS OUT OF YOUR SYSTEM

Your hair acts as an excretory tissue - a way for the body to safely remove toxic elements you comes into contact with. The presence of heavy metals in hair correlates with an overall heavy metal burden in the body. Heavy metals can have a profound impact on our physiology, ranging from hormone imbalances to gut issues and more.

ARSENIC

YOUR VALUE	Optimal
SOURCES	Pesticides, beer, table salt, water, paint, cosmetic pigments, rat poison, glass and mirror manufacturing, fungicides, wood preservatives, commercial chicken feed

LEAD

YOUR VALUE	Optimal
SOURCES	Ceramic glazes, cigarette smoke, colored ink, food cans, old paint, old water pipes, battery manufacturing, pesticide residues, water contamination

MERCURY

YOUR VALUE	**Above Optimal**
SOURCES	Dental amalgams, large fish such as tuna or swordfish, contaminated drinking water, produce treated with fungicides, certain medications such as diuretics, contact lens solution, adhesives, fabric softeners

CADMIUM

YOUR VALUE	Optimal
SOURCES	Produce grown in contaminated soil, large fish such as tuna and haddock, processed foods, cola drinks, instant coffee, cigarette smoke, contaminated drinking water, air pollution, car exhaust

HEAVY METALS CAN BE A ROOT CAUSE OF INFERTILITY AND DIFFICULT PERIMENOPAUSE

VANADIUM

YOUR VALUE	Optimal
SOURCES	Supportive nutrient - mushrooms, shellfish, black pepper, parsley, dill and grains

SILVER

YOUR VALUE	Optimal
SOURCES	Jewelry, tableware, electronics, batteries

ANTIMONY

YOUR VALUE	Optimal
SOURCES	Air pollution, forest fires, air fryers, plastics, rubber, adhesives

PALLADIUM

YOUR VALUE	Optimal
SOURCES	Jewelry, dentistry, electronics

ALUMINUM

YOUR VALUE	Optimal
FUNCTION	Baked goods, dairy products, seafood, cooking acidic foods in aluminum cookware, contaminated tap water, air pollution, certain medications such as antacids and antidiarrheal agents, cosmetics, deodorant

PLATINUM

YOUR VALUE	Optimal
FUNCTION	Certain foods such as cabbage and broccoli, medical implants, jewelry, chemotherapy medications, vehicle exhaust

TUNGSTEN

YOUR VALUE	Optimal
FUNCTION	Heating elements, light bulbs, electrodes

TIN

YOUR VALUE	**Above Optimal**
SOURCES	Packaged foods and beverages, contaminated drinking water, seafood

URANIUM

YOUR VALUE	Optimal
SOURCES	Jewelry, tableware, electronics, batteries

GOLD

YOUR VALUE	Optimal
SOURCES	Produce, dental fillings, certain medications

TELLURIUM

YOUR VALUE	Optimal
SOURCES	Fatty foods, produce

GERMANIUM

YOUR VALUE	Optimal
FUNCTION	Supportive nutrient - found in mushrooms, garlic, tuna, and tomatoes

TITANIUM

YOUR VALUE	Optimal
FUNCTION	Often dental titanium implants

GADOLINIUM

YOUR VALUE	**Above Optimal**
FUNCTION	Used as contrast agent in MRI scans