

RÊVE
HEALTH

RÊVE HEALTH

PROLOGUE PROTOCOL

WELLNESS PLAN

INTAKE FORM INSIGHTS
LAB RESULTS
PERSONALIZED GUIDANCE

REVEHEALTH.COM

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ABOUT THE FOUNDERS



Julie Elaine Brown, M.A.
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Co-Founder

Julie Elaine Brown, M.A.

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.



INTRODUCTION

WELCOME TO YOUR HEALTH PLAN

At Rêve Health, we believe in holistic-based care for women. Through advanced lab work, personalized guidance, and community we help you connect back to your best health.

Take your time reading through your personalized health report and let the information digest in a way that feels best for you. We will check in at your three month follow up call to see your progress. Please know you can schedule additional wellness consultations at any time for more support.

EXECUTIVE SUMMARY

LIFESTYLE RECOMMENDATIONS

- **Diet:**
- **Exercise:**
- **Stress:**

SUPPLEMENT RECOMMENDATIONS

PART ONE

- **Methyl B Complex:** 2 pumps under the tongue in the morning and afternoon
- **Energy Xtra:** 1 capsule upon waking
- **Vitamin D3+K2:** 8 drops (not dropperfuls) with a meal
- **Digestive Enzymes Ultra:** 2 capsules with each meal

INTAKE FORM INSIGHTS

HOW YOU LIVE YOUR LIFE IS THE BIGGEST DETERMINANT OF YOUR PHYSIOLOGY

SLEEP

The importance of sleep cannot be overstated. High quality sleep sets women up for regulated cortisol, balanced blood sugar, improved detoxification abilities, stable hormones, and more.

Based on your intake form responses, it looks like you are getting **7-8 hours** of sleep per night. This is excellent - you are getting optimal hours of sleep.

You reported being able to fall asleep without difficulty and can sometimes experience difficulty staying asleep.

Based on your salivary cortisol test, your body is trying to replenish cortisol stores while you are asleep. Blood sugar and cortisol levels are tightly regulated together. You may be experiencing blood sugar dips overnight if you experience difficulty staying asleep. **As your cortisol levels are optimized over the next few months, you may notice more restful sleep.**

Because your cortisol levels are low in the morning, we recommend **eating a small, high fat snack before bed**, such as a spoonful of a nut butter or coconut oil. This will help prevent blood sugar crashes overnight.

General recommendations for healthier sleep include keeping the temperature cool (between 67-69 degrees F), keep the room as dark as possible, and keep a consistent schedule, even on the weekends.

SUMMARY OF RECOMMENDATIONS

- Maintain your sleep time of 7-8 hours/night
- Notice the difference in feeling rested over the next few months
- Consume 1 tbsp of a nut butter or coconut oil before bed
- Keep the room dark and temperature cool

EXERCISE & MOVEMENT

The exercise that best supports your body is different for everyone. Various factors go into determining which movement is for you, including your cortisol levels, muscle fiber type, specific goals, current health status, and more.

Based on your intake form responses, it looks like you exercise 3-5 days a week and you alternate between strength training, yoga, pilates, hiking and walking.

Type 2a (and type 2b) muscle fiber types decrease as we age. They primarily use aerobic metabolism, but can also use anaerobic metabolism to produce ATP faster than type I fibers.

Activating fast-twitch fibers is a form of eustress (positive stress) for the body. These fibers require fast fuel by increasing blood sugar through gluconeogenesis and breaking down fat stores. The temporary rise in cortisol is known as hormesis, where small doses of stress improve resilience. We think this will help regulate your cortisol and creatinine levels.

You may consider exercising between 1pm and 4pm in the sun if possible.

Your body is working hard and heavy weight lifting or long periods of intense exercise may have the opposite effect. Try changing your routine for the remainder of the year and see if this has a positive affect.

SUMMARY OF RECOMMENDATIONS

- Consider excising between 1-4pm.
- 2 days/week strength training, use lighter weights and more reps
- 2 days/week of small bursts (5-20 minutes) of aerobic activity at 70% of your max heart rate (aim for 125-130 beats per minute).
- Hatha yoga or mat pilates
- Take 1 or 2 full days off a week.

A woman wearing a green baseball cap and a white long-sleeved sweatshirt is looking down at a smartphone in her hands. She has a rolled-up light blue mat strapped to her back. The background is a plain, light-colored wall.

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 do not follow a specific dietary program and have no known food allergies or sensitivities.

You reported eating three meals a day with snacks in between. **Eating every few hours, especially meals/snacks containing protein, fat or fiber is a great way to maintain stable blood sugar.**

You reported occasionally experiencing symptoms of low blood sugar, such as anxiety, brain fog and fatigue. When these symptoms come up, it's important to **check in with yourself and ask when the last time you ate was.** Finding your blood sugar balance window is important to maintain stable blood sugar throughout the day. Notice how many hours you can go before starting to feel symptoms of low blood sugar. This may also correlate with your exercise routine or stress levels. You want to eat before these symptoms appear.

To support your blood sugar response around exercise, **fuel with carbs before your workout and protein and carbs after your workout.**

You reported being a fast eater and feeling like you're eating too much. This may be a sign you are not fully present with your food at meal times. This can lead to a more dissociative experience with our nutrition, which can make us lean into external cues verses internal cues.

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

- 50% 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, red meat, legumes, organic and non GMO tofu and tempeh, nuts, and seeds.
- 25% of your meal should be from complex carbohydrates such as sweet potatoes, wild rice, quinoa, rolled oats, winter squash, and starchier fruits like banana.
- One to two tablespoons of healthy plant-based fats should be included at each meal from sources like avocado, olive oil, nuts, and seeds.

This plate model can support more optimal LDL cholesterol levels, by increasing your intake of fiber and unsaturated fats.

FOOD & NUTRITION

To establish a connection with your internal cues, engage in a body scan before eating. Start from the top of your head and move down to your toes, being mindful of common physical hunger symptoms such as stomach growling, light-headedness, or a feeling of emptiness in your stomach. Your body's needs can vary significantly from day to day based on factors like physical activity, stress levels, hormones, and more.

Once you practice checking in with your body before meals, it's likely you will recognize your internal cues more intuitively. **Try setting your utensils down and taking deep breathes between bites to support your habit of eating too quickly.** This will support your body's parasympathetic nervous system response, which is more optimal for nutrient absorption to support some nutrient deficiencies observed in your bloodwork.

Purchase organic whenever possible, wash your produce to reduce pesticide exposure, use a high quality water filter to reduce toxins in the water supply, and stick to a whole foods diet as much as possible.

SUMMARY OF RECOMMENDATIONS

- Maintain eating regular, balanced meals
- Find your blood sugar tolerance window
- Engage in body scan before each meal

SUMMARY OF RECOMMENDATIONS

- Purchase organic and consume whole foods most of the time

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 don't drink, smoke or frequently use sugar for stress relief. This is excellent!

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, digestive issues, and panic attacks. You also 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 intake form, 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*

RELATIONSHIPS

Having a sense of meaningful connection, platonic or romantic, is important for our overall wellbeing. Humans are relational by nature and having a strong sense of community has been proven to improve our health and longevity.

According to your intake form response, you are current single and dating with a history of leaning more anxiously attached in romantic partnerships.

Navigating the dating world with an anxious attachment style can feel vulnerable. There is typically an underlying fear of abandonment that can make it feel difficult to put yourself out there to find healthy partnership.

In an anxious attachment style, there is usually a reliance in someone outside of yourself to regulate the nervous system. If you feel chosen, seen, or loved, there is a high sense of self worth and sense of calm. Without it, self worth is low and there is dysregulation. **The message of having an anxious attachment style is to find that sense of worth and calm within yourself.**

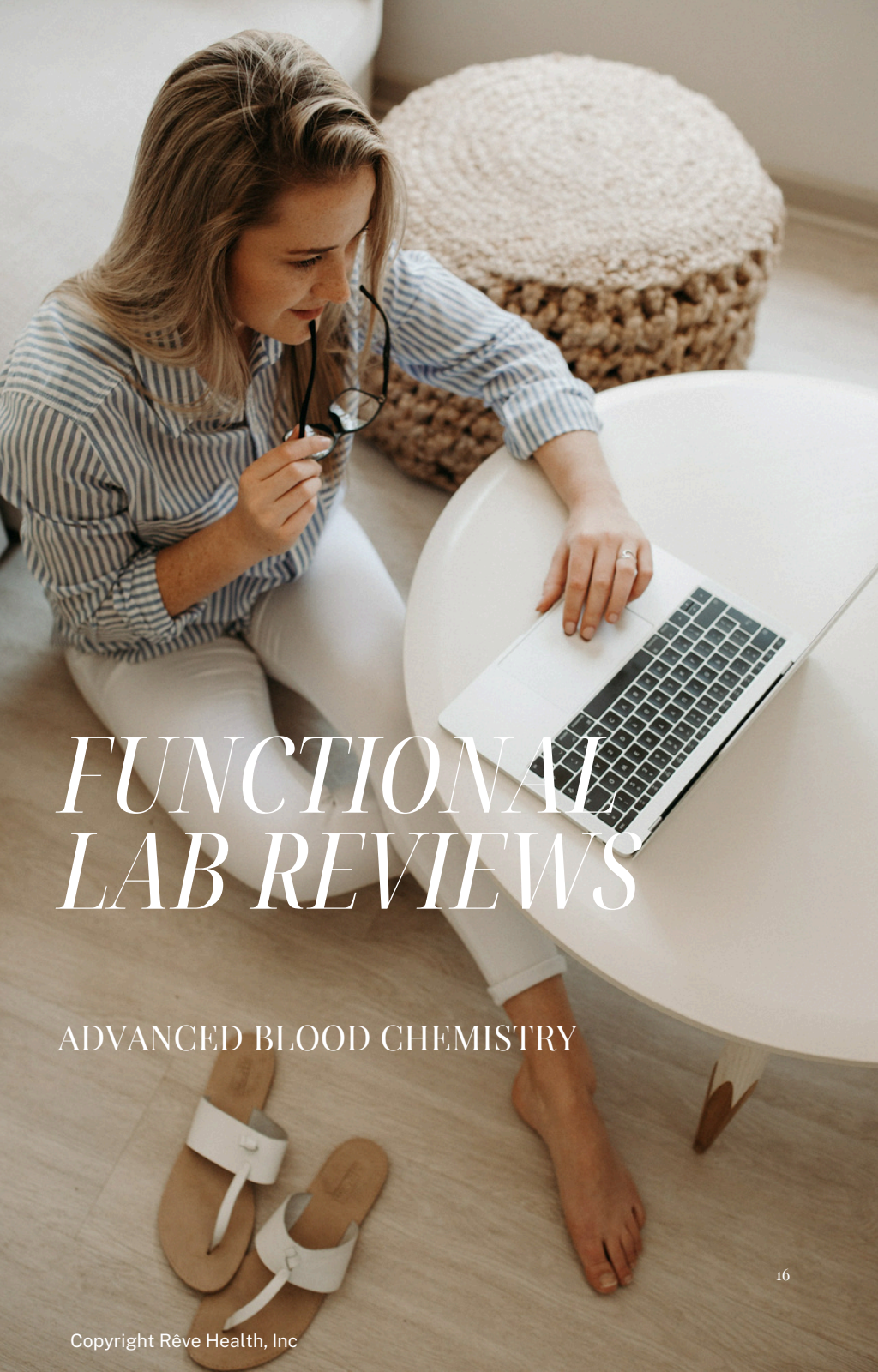
The following journaling exercises can help you understand the messages this anxious attachment style is trying to communicate and how it may be protecting you:

- Can I tap into the feeling I get when I feel anxiously attached? Have I felt this before in my life? How old was I? Who was I responding to?
- With any of my caretakers, did I feel like I needed to earn love? Was their love inconsistent or condition dependent? Do I carry that belief in my romantic partnerships?
- What was the relationship dynamic like between my caretakers? Am I emulating the behavior of one of my caretakers in relationships?
- Am I choosing partners that can meet my emotional needs? Or do I choose partners that validate my subconscious beliefs that I'm not enough?
- Can I feel in my body what I want a healthy partnership to feel like?

Spend some time going through the answers to these questions, especially as you continue to date, to begin to befriend your anxious attachment pattern.

SUMMARY OF RECOMMENDATIONS

- Do your journal exercises
- Check in with yourself regularly when dating
- Recognize what may be familiar isn't always what's optimal
- Practice nervous system regulating exercises



FUNCTIONAL LAB REVIEWS

ADVANCED BLOOD CHEMISTRY