

RÊVE
HEALTH

RÊVE HEALTH

PROLOGUE PROTOCOL

WELLNESS PLAN

INTAKE FORM INSIGHTS
LAB RESULTS
PERSONALIZED GUIDANCE

REVEHEALTH.COM

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ABOUT THE FOUNDERS



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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. 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:**
 - Eat every 3-4 hours, especially meals and snacks containing protein, fat, or fiber to maintain stable blood sugar
 - “Dress up” your carbohydrates with protein to avoid consuming “naked” carbohydrates
 - Consume foods that support natural dopamine production such as lean animal protein, dark chocolate, fruit, and leafy greens.
 - Follow the following plate structure:
 - 50% non-starchy carbohydrates
 - 25% protein
 - 25% complex carbohydrates
 - 1-2 tbsp plate based fat
- **Exercise:**
 - Work out late morning or just after lunch (but before the afternoon cortisol dip). Add in cardio/aerobic exercise one day a week.
 - Tack on strength training, or turn one Pilates session into more resistance (reformer Pilates).
 - Add in mini HIIT/MIIT sessions for 75-80% HR for just a minute, with a few minutes to recover.
 - Activating fast twitch muscle fibers will help in a longevity journey.
- **Stress:**
 - Practice nervous system regulating exercises throughout the day
 - Maintain stable blood sugar
- **Toxin Exposure:**
 - Regularly open windows
 - Make the switch to non-toxic personal care and cleaning products
 - Replace nonstick pans with cast iron or stainless steel
 - Replace plastic food containers with glass containers
 - Eventually switch to an organic rug and bed when replacing
 - Switch to clean burning candles, refrain from using perfumes, and be mindful of products containing fragrance
 - Remove the WiFi router from the bedroom if possible

EXECUTIVE SUMMARY

SUPPLEMENT RECOMMENDATIONS

- **ONE Multi:** 1 capsule per day with a meal
- **Vitamin D3+K2:** 8 drops (NOT dropperfuls) under the tongue with a meal
- **Methyl B Complex:** 1 capsule in the afternoon

FUTURE CONSIDERATIONS

- Evaluate Food Sensitivity Test Results when they are available
- Consider a Stool Sample Analysis Test when discontinuing birth control

YOUR CONSTITUTION TYPE

YOUR UNIQUE TRADITIONAL CHINESE MEDICINE ELEMENT PROFILE

THE WATER ELEMENT

Your first constitution element is the water element. Water is associated with the kidneys and bladder, houses the emotion of fear, helps us develop deep connection with ourselves, and creates an ability for us to experience new possibilities.

When you are living in alignment with your water constitution, you may experience:

- Healthy cortisol (stress) levels
- Healthy reproduction and aging
- The ability to go with the flow as needed
- The ability to be comfortable alone
- A deep relationship with yourself and your needs

When you are living out of alignment with your water constitution, you may experience:

- Elevated or decreased cortisol levels
- Challenging fertility or rapid aging
- Difficulty with the unknown
- Difficulty being alone or sitting still
- Unclear on your needs and lacking self intimacy

THE EARTH ELEMENT

Your second constitution element is the earth element. Earth is associated with the stomach and spleen, houses the emotion of worry, helps us develop our boundaries, and creates a feeling of groundedness within us.

When you are living in alignment with your earth constitution, you may experience:

- Healthy digestive function
- Balanced blood sugar
- The ability to set healthy boundaries with others
- The ability to feel centered and grounded
- Consuming food and/or stimulus at an appropriate level

When you are living out of alignment with your earth constitution, you may experience:

- Bloating, acid reflux, or other digestive issues
- High and/or low blood sugar
- Difficulty implementing healthy boundaries
- Difficulty feeling centered and grounded
- Over or under-consuming food and/or stimulus

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 **8+ hours** of sleep per night. This is excellent - you are getting optimal hours of sleep.

You reported experiencing issues falling asleep and staying asleep throughout the night occasionally. You also reported going to bed later in the evening and waking up later in the morning and snoring often.

Based on your salivary cortisol test, your cortisol levels are erratic throughout the day. Your cortisol levels in the evening may be mirroring the same pattern. The most effective way to manage cortisol raises and falls is to balance your blood sugar.

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 and may help you feel more refreshed in the mornings.

Once your cortisol is more balanced, you may feel it is easier to go to bed earlier. **Aiming to be asleep by 10:30 pm** is the most optimal for our body's natural rhythms,

Snoring can have health implications such as changing the oral biome and making you more prone for sleep apnea. We recommend **trying mouth tape** to retrain the muscles in your face to breathe from your nose.

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.

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 (which are low), muscle fiber type (which may be a slower-twitch fiber), specific goals, current health status, and more.

Based on your intake form responses, you exercise 3-5 days a week and you alternate between walking and yoga/Pilates.

Consider exercising in the late morning (just before lunch as long as you have eaten breakfast), and adding in cardio one day a week, and tacking on 15-minute strength training and/or MIIT (Moderate Intensity Interval Training) sessions after a few of your current workouts (or after Cardio), to reduce inflammation, improve cardiovascular health, and support hormonal balance.

1. **Aerobic exercise** is highly effective for reducing LDL cholesterol and triglycerides while increasing HDL (good cholesterol). It also helps lower CRP (a marker of inflammation) and improves overall cardiovascular health.

- Try something fun such as a dance class, kickboxing, or hiking.
- Frequency: Aim for at least 20 minutes at 70% of your Heart Rate (HR), about 126 BPM.

2. **Strength training** can help reduce body fat, increase muscle mass, and improve insulin sensitivity which may help reduce estrogen levels. Resistance exercise helps regulate your circadian rhythm, for better sleep.

- Consider low weights at higher repetitions:
 - Reformer pilates or resistance bands
 - Bodyweight exercises (e.g., squats, lunges, push-ups)
 - 6-12lb weights.
- Frequency: Aim for strength training 1-2 times a week, at 10-15 minutes a time.

3. **MIIT/HIIT (Moderate to High-Intensity Interval Training)** is a time-efficient method for improving cardiovascular health, burning fat, and reducing triglyceride levels. It also helps lower inflammation and can have a positive effect on hormonal regulation.

- Examples:
 - Short bursts of moderate-intense exercise (e.g., sprints or cycling) followed by brief recovery periods. Aim for 75% of your HR or even 80% for very small periods of time, such as 1 minute on, followed by 2 minutes recovery. (137-146 BPM).
 - Continue the high/low intervals for just 10-15 minutes to start.

HIIT and MIIT are excellent for anti-aging and longevity. They activate fast-twitch muscle fibers, which decline with age (as early as age 30). Fast-twitch fibers improve growth hormone and testosterone, both of which decline with age but are vital for muscle repair, regeneration, and vitality. These hormones also help reduce the impact of aging on tissues and cells.

EXERCISE & MOVEMENT

Fast-twitch training encourages autophagy, the body's process of cleaning out damaged cells, promoting cellular repair and slowing down the aging process.

Here are a few specific things HIIT and MIIT will help with in a longevity journey:

- Improves Cardiovascular Health by Increasing VO2 Max (maximum Oxygen intake). This boosts heart and lung function, lowering the risk of heart disease. Additionally, it supports cognitive health by improving brain-muscle coordination, keeping your nervous system and brain sharp as you age.
- Hormonal Balance: Fast-twitch exercises help regulate key hormones like growth hormone, testosterone, and cortisol. As we age, these hormones naturally decline, but high-intensity training stimulates their release, promoting muscle preservation, fat loss, and overall vitality.
- Inflammation: Fast-twitch exercises reduce chronic inflammation, a major driver of aging and age-related diseases. By lowering inflammatory markers, these workouts help protect against conditions like arthritis, cardiovascular disease, and neurodegeneration, which often become more prevalent with age.

SUMMARY OF RECOMMENDATIONS

- Work out late morning or just after lunch (but before the afternoon cortisol dip).
- Add in cardio/aerobic exercise one day a week.
- Tack on strength training, or turn one Pilates session into more resistance (reformer Pilates).
- Add in mini HIIT/MIIT sessions for 75-80% HR for just a minute, with a few minutes to recover.
- Activating fast twitch muscle fibers will help in a longevity journey.

A person wearing a white tracksuit and a green baseball cap is walking and looking at a smartphone. They are carrying a rolled-up light blue yoga mat over their shoulder. 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 any specific diet, have no known food allergies and adversely react to caffeine and alcohol. You reported craving fast food/junk food and sweet treats with an inconsistent eating schedule.

Some of the dietary habits you shared on your intake form and your lab work indicate your body could benefit from enjoying a more whole foods based diet with a more consistent eating schedule.

You reported occasionally experiencing symptoms of low blood sugar between meals, 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.**

Eating every three to four hours, especially meals/snacks containing protein, fat or fiber is a great way to maintain stable blood sugar. Protein, fat and fiber are slower to digest in the body and do not significantly contribute to a rise in blood sugar.

We recommend “dressing” your carbohydrates up with protein and avoiding “naked” carbohydrates to support a more stable blood sugar response. For example, instead of having just a banana for a snack, enjoy the banana with some nut butter.

Your lipid panel shows low HDL cholesterol and elevated LDL cholesterol and triglycerides. **This pattern is typically seen when dietary intake doesn't include enough fiber, antioxidant rich foods, and healthy fats.**

To improve your lipid panel and lower your inflammation levels, 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 dairy, organic and non GMO tofu and tempeh, nuts, and seeds.
- 25% of your meal should be from fiber rich 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 plant based sources like avocado, olive oil, nuts, and seed

FOOD & NUTRITION

When you're craving fast food, junk food, or sweet foods, it may be helpful to consider when the last time you ate was, as well as what feeling you're searching for. If it's been more than four hours since your last meal, your body may be craving fast energy. Consider opting for a protein rich snack or balanced meal (reference the plate model) instead.

As someone with ADHD, your brain may also be craving fast food, junk food, or sweet foods to feel a surge of dopamine.

These foods are typically highly palatable, and have been shown to activate the reward circuits in the brain, which can release dopamine. With the understanding your brain may be craving dopamine instead of these highly palatable foods, consider increasing your intake of whole foods that have also been shown to support dopamine levels such as lean animal protein, dark chocolate, fruits like berries, leafy greens like kale, and healthy fats like avocado.

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

- Introduce more whole foods to your diet to support your overall nutrient status and inflammation levels
- Enjoy 3 balanced meals per day with 1-2 snacks as needed

SUMMARY OF RECOMMENDATIONS

- Increase your fiber intake by including more fruits, veggies, and whole grains 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 smoke marijuana often and occasionally consume sugar for stress relief.

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 7/10. You reported experiencing heart palpitations, sweaty palms, and racing thoughts and resonate most with a freeze response.

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 a sympathetic fight or flight response and dorsal vagal shutdown freeze 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