

*Amelia Phillips*

Nutritionist and Exercise Scientist



**AMELIA  
PHILLIPS**

**Exercise Scientist and  
Nutritionist**  
(BHSc, MNut)



**DR. JASMINA  
HAGAN**

**Specialist GP, Functional  
Medicine Doctor**  
(BSc, PhD, MBBS)

Conquering Low Energy and  
Stubborn Weight Loss

**WORKBOOK**

# WELCOME

*Hi There!*

Thanks for registering for this jam packed webinar, Dr. Jasmina and I cannot wait to have you along (for lots of 'aha' moments)!

When I fell pregnant with baby #2, I developed hypothyroidism and was promptly put on thyroid medication (thyroxine) and diligently took it for the next five years (and throughout my next three pregnancies). I had seen a couple of specialists with the hope of developing a strategy for coming off my meds, but wasn't making any progress. My path led me to Dr. Jasmina Dedic-Hagan who is an integrative GP with a keen interest in the root cause of disease, not just management. Over a 6 month period, we worked together, using her strategies to wean off my meds. 4 years later, I'm still medication free, with healthy thyroid function - Thanks Jasmina!

Dr Jasmina and I found we both shared a passion for proactive health (taking control of our health before conditions arise, not just after), and that we had complementary skillsets. After many fascinating and deep conversations, Dr Jasmina and I have come together to host a webinar explaining this new, and powerful approach to proactively managing our health. We will be focussing on the common issues facing people over the age of 35: Low Energy, Inflammation and Stubborn weight loss, and showing you a powerful new approach to improving your health and resolving these issues.

*Amelia Phillips*

## ABOUT AMELIA

I'm a registered exercise scientist, nutritionist, and published researcher and have spent my 26 year career on a mission to unlock human potential through a holistic approach to health and wellness.



## ABOUT DR JASMINA

I am a Specialist GP and Functional Medicine Doctor, and my passion is in unlocking and understanding each individual's unique biochemistry, empowering them to take charge of their health.



# METABOLIC HEALTH SYMPTOM CHECKLIST

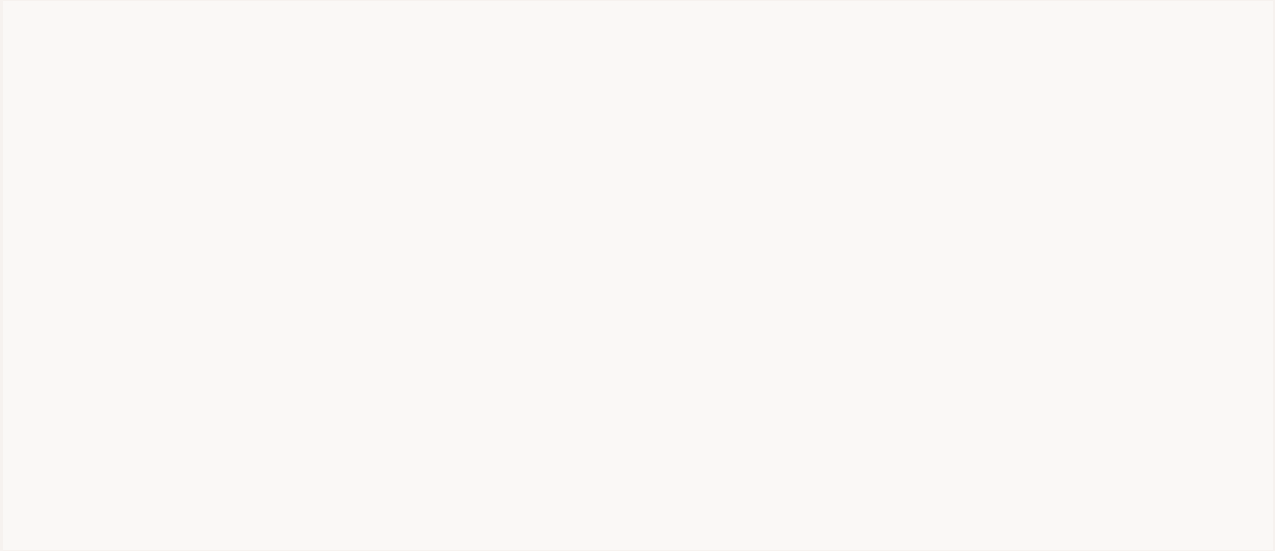
Your body's metabolic function plays a crucial role in how you feel day-to-day, from energy levels to cognitive clarity. This symptom checker is designed to help you recognise and understand some common signs related to poor metabolic function so you will be better equipped to target the appropriate interventions and regain balance.

- |          |  | YES                      | NO                       |
|----------|--|--------------------------|--------------------------|
| <b>1</b> | Energy 'crashes': You feel sudden and profound drops in energy, making it hard for you to complete daily tasks or maintain consistent energy throughout the day. | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>2</b> | The 'shakes': You experience involuntary and uncontrolled trembling, often tied to imbalances in your blood sugar levels.  | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>3</b> | The 3am wake up: You regularly find yourself waking up around 3am and struggling to fall back asleep   | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>4</b> | Migraines: You may be more susceptible to migraines, intense and throbbing headaches often paired with nausea or light sensitivity.                              | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>5</b> | Weight gain (unexplained): Despite keeping up with your usual diet and exercise, you might notice unexplained weight gain.                                       | <input type="checkbox"/> | <input type="checkbox"/> |
| <b>6</b> | Brain fog/mood: You might experience cognitive disturbances like difficulty concentrating, memory lapses, and mood swings, often referred to as "brain fog."     | <input type="checkbox"/> | <input type="checkbox"/> |

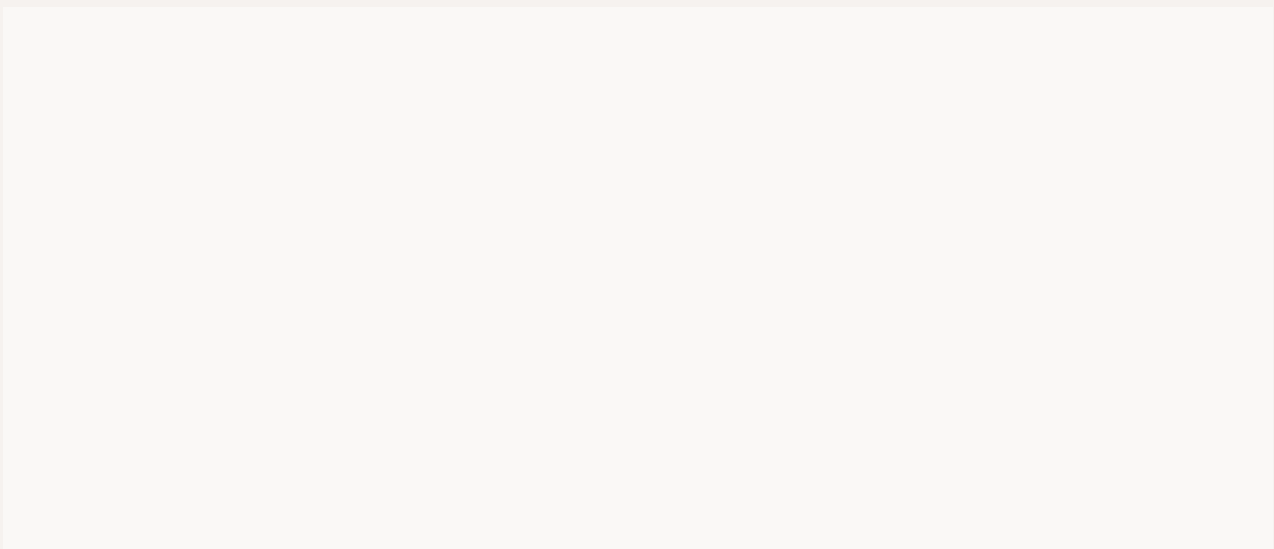
# METABOLIC HEALTH

# NOTES

During the webinar you may be able to identify some areas that are impacting your metabolic health. Awareness is the first step to action. Make a note of these below.



Use the section below to make any additional notes that come to mind during the webinar.



## THYROID FUNCTION

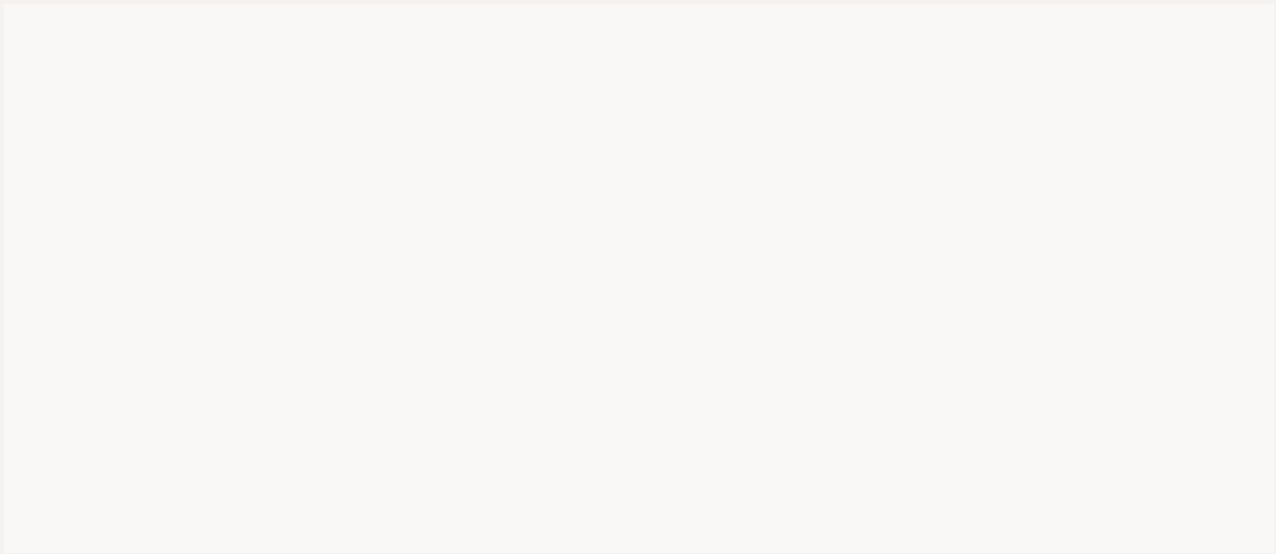
# SYMPTOM CHECKLIST

Your thyroid, a small yet influential gland, orchestrates a symphony of hormonal actions vital for your overall well-being. If its rhythm goes awry, the ripple effects can manifest in various subtle and not-so-subtle ways throughout your body. This symptom checker delves into some of the hallmark signs that might suggest your thyroid isn't playing its part perfectly.

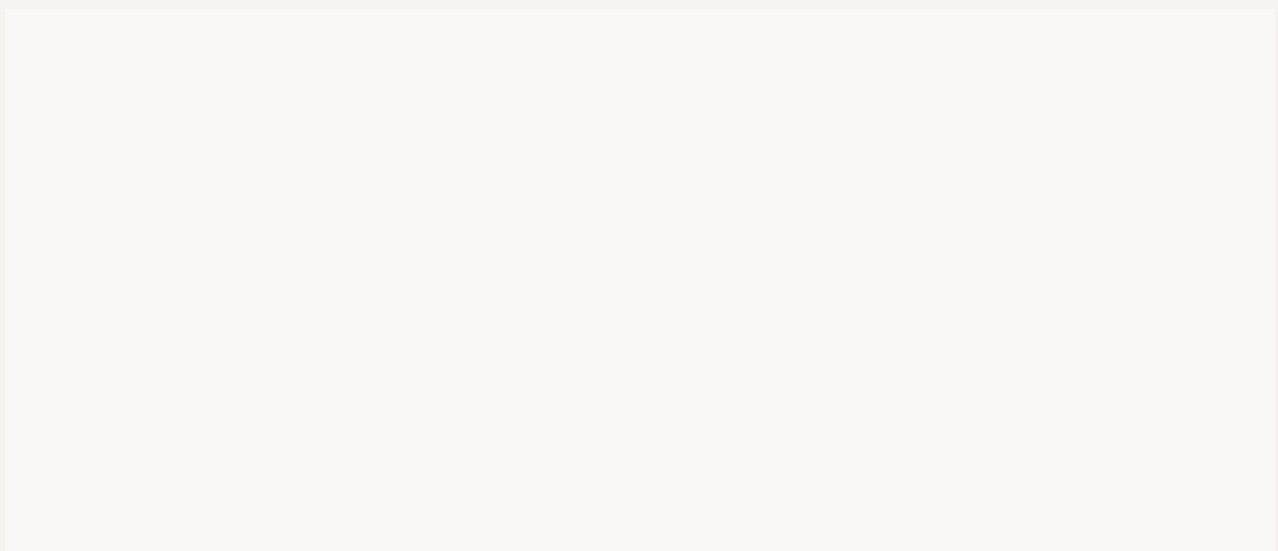
|   |   | YES                      | NO                       |
|---|---|--------------------------|--------------------------|
| 1 | Excess weight: Even if you maintain a consistent diet and exercise routine, you may find yourself gaining weight.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | Fluid retention: You might notice puffiness or swelling, particularly around your eyes, hands, and ankles.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | Fatigue: No matter how much sleep you get, you still feel perpetually tired. It's a deep, unrelenting exhaustion that doesn't seem to improve with rest.              | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | Constipation: You might find that even with adequate fibre and water intake, you're experiencing harder stools and difficulty passing them.                           | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | Sensitivity to cold: You're constantly reaching for an extra sweater or blanket, feeling chilly when others around you seem perfectly warm.                           | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | Brittle nails and hair: Your nails might crack or break more easily, even with gentle use. Simultaneously, your hair can become dry, lifeless, and prone to breakage. | <input type="checkbox"/> | <input type="checkbox"/> |

# THYROID FUNCTION NOTES

During the webinar you may be able to identify some areas that are impacting your thyroid function. Awareness is the first step to action. Make a note of these below.



Use the section below to make any additional notes that come to mind during the webinar.



## EMOTIONAL HEALTH

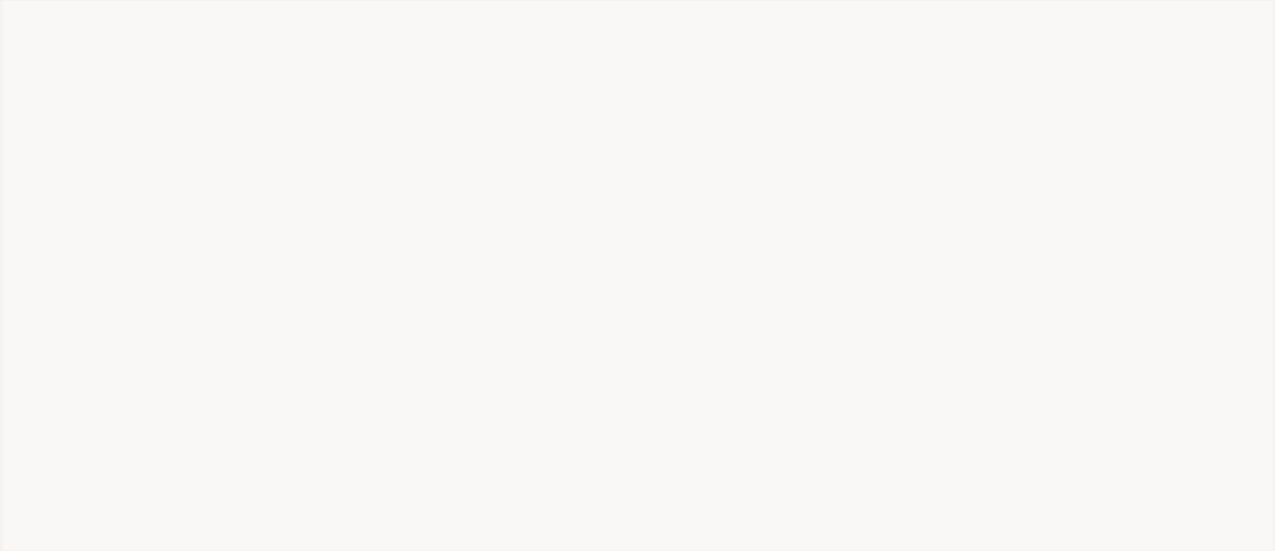
# SYMPTOM CHECKLIST

In our fast-paced world, the demands of daily life can sometimes eclipse our emotional well-being. Stress, while a natural response to challenges, can become chronic and start to weigh heavily on both mind and body when not addressed. This symptom checker is designed to spotlight key indicators of emotional and stress-related disturbances in your life.

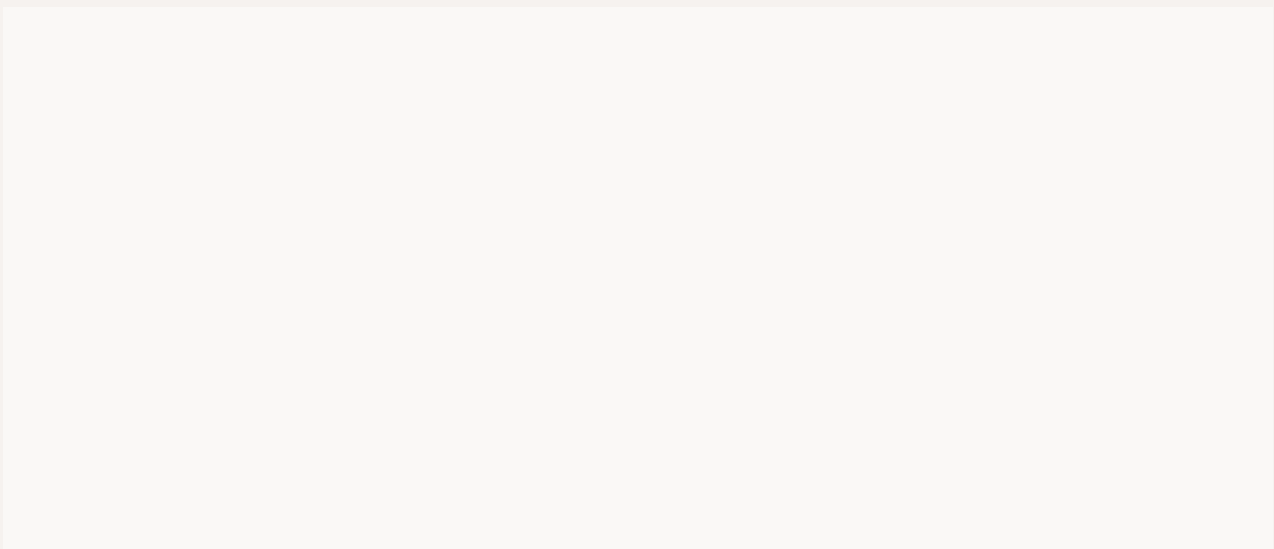
|   |   | YES                      | NO                       |
|---|---|--------------------------|--------------------------|
| 1 | Overwhelm: You constantly feel as if you're drowning under the weight of your tasks, unable to keep up or find clarity amidst the chaos.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | Tired but wired: Despite feeling physically exhausted, your mind races with endless thoughts, keeping you alert when you desperately need rest.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | Sleep disruption: You might find it challenging to fall asleep or stay asleep throughout the night, frequently waking up and tossing and turning with anxious or troubling thoughts.              | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | NOT another thing: Every new task or unexpected event, no matter how small, feels like the proverbial straw that could break the camel's back; you believe you simply can't handle anything more. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | Chronic irritability: Minor annoyances that you once brushed off now trigger strong feelings of frustration or anger, making you more reactive to the world around you.                           | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | Physical manifestations: You might notice recurring headaches, stomach upsets, or muscle tension, physical signs that your body is internalising the emotional and mental stress.                 | <input type="checkbox"/> | <input type="checkbox"/> |

# EMOTIONAL HEALTH NOTES

During the webinar you may be able to identify some areas that are impacting your emotional health. Awareness is the first step to action. Make a note of these below.



Use the section below to make any additional notes that come to mind during the webinar.





# THANKYOU



**AMELIA PHILLIPS**



**DR. JASMINA HAGAN**

## WANT TO LEARN MORE?



Dr. Jasmina and I have developed an innovative new approach that will educate you about your own body, and empower you to take control of your own health. We've got a special offer for all webinar attendees.

**At the end of our webinar you will also receive our free Supplement Cheat Sheet with targeted supplement recommendations.**

**WED, SEP 6, 8.00PM AEST**