

SAMPLE

Lifestyle Plan

**written by Dr. Elizabeth
Hughes,
Aqt bio**



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OUR APPROACH



DR. ELIZABETH HUGHES

Aqt bio co-founder & Chief Medical Officer, dermatologist, health coach

There are so many psoriasis medications out there. If you watch the ads, each one seems like a **miracle drug**.

On the one hand, it is great to have new treatment options. Many people's lives are greatly improved because of these medications.

However, these new advanced medications **aren't perfect**. And they're not for everyone.

Fortunately, there is an alternative for people who can't tolerate advanced psoriasis medications or **want to achieve even better results**. That's what we here at Aqt bio are dedicated to.

Adding lifestyle modification to help control your psoriasis is great, because **lifestyle changes** are:

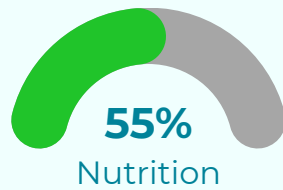
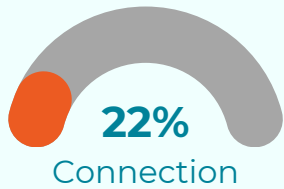
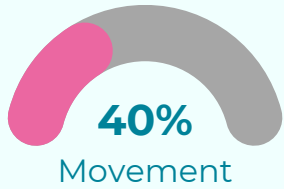
- Inexpensive or free
- Free of side effects
- 100% natural
- Safe and effective for everyone
- Don't stop working
- Are accessible - anywhere, anytime
- Fully under your control
- Unique and personalized to you
- Beneficial for your health overall
- Don't require any lab testing
- Balance and reset your immune system

Aqt bio means

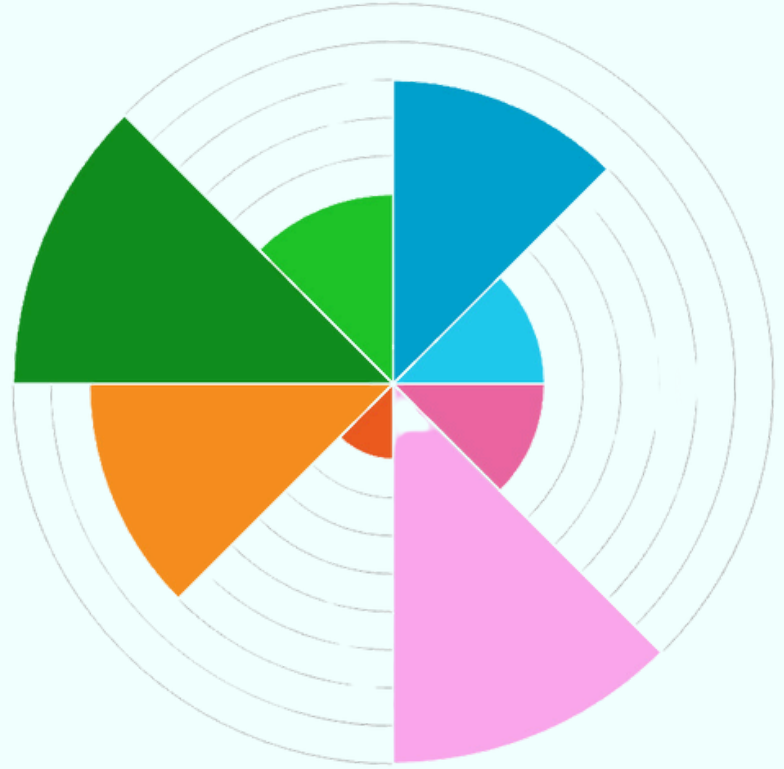
- ✓ Less intense symptoms
- ✓ More predictable flare-ups
- ✓ Better response to medication
- ✓ Longer symptom-free periods



MY DIAGNOSTICS

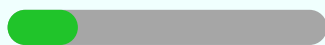


My lifestyle wheel

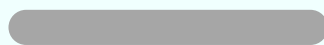


**Your stress score equates to Moderate Stress*

Nutrition deep dive



Diet Diversity Score



Chronic disease protection score



Chronic disease risk score

My priority areas:

#1 priority: Social Connection

#2 priority: Movement

Studies have shown that people who experience loneliness have a **higher risk of psoriasis** than people with secure social connections. Strong relationships **lower inflammation, decrease stress** and lower blood pressure 1,2,3



MY ACTION PLAN

Strengthening social connections

- **Connect with Friends and Family:** Reach out regularly to those you care about through calls, messages, or social media.
- **Join Clubs or Groups:** Find local or online groups that align with your interests or hobbies to meet like-minded people.
- **Volunteer:** Offer your time to a cause you care about. Helping others can create a sense of purpose and connect you with people.
- **Attend Community Events:** Participate in local events, workshops, or meetups to build connections in your community.
- **Take Up a New Hobby:** Engage in activities like painting, cooking, or gardening, which can also provide opportunities to meet new people.
- **Exercise Regularly:** Join a gym, a fitness class, or a sports team to stay active and socialize with others.



- **Join Online Forums:** Participate in online communities and forums related to your interests to find people with similar passions.
- **Adopt a Pet:** Caring for a pet can provide companionship and reduce feelings of loneliness.

MY ACTION PLAN

Strengthening social connections

- **Seek Professional Help:** Consider talking to a therapist or counselor if loneliness is affecting your mental health.
- **Attend Workshops or Classes:** Take courses on topics of interest where you can meet people with similar interests.
- **Start a Blog or Journal:** Share your thoughts and experiences online or privately, which can help you process feelings and connect with others who relate.
- **Practice Mindfulness and Meditation:** These techniques can help you manage feelings of loneliness and develop a deeper sense of self-awareness.
- **Participate in Religious or Spiritual Activities:** Join a local church, temple, or spiritual group to build connections through shared beliefs.
- **Reach Out to Neighbors:** Introduce yourself to your neighbors and participate in neighborhood activities or events.

- **Engage in Social Media Meaningfully:** Use social media to engage in conversations, share interests, and join groups or communities that foster genuine connections.



WEEK 1

Laying the Foundation

My TO DO list this week: choose any three of the five activities to do this week:



WEEKS 2-6 CONTINUED

this content was purposefully removed



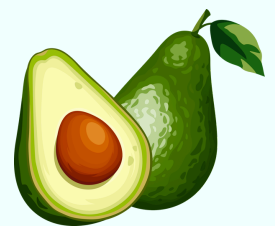
ADDITIONAL ADVICE

Nutrition

While your diet score isn't bad, **the diversity is very low**. You eat little fruit and vegetables, and no grains. So you are likely to be **missing fiber and crucial nutrients**.

Here are **15 high-fiber foods** - which coincidentally have beneficial vitamins in them! - to include in your diet:

- Legumes: Lentils, chickpeas, black beans, and kidney beans.
- Whole Grains: Oats, quinoa, barley, brown rice, and whole wheat products.
- Fruits: Apples, pears, raspberries, blackberries, and oranges.
- Vegetables: Broccoli, Brussels sprouts, carrots, and sweet potatoes.
- Nuts and Seeds: Chia seeds, flaxseeds, almonds, and walnuts.
- Leafy Greens: Spinach, kale, and Swiss chard.
- Whole Grain Cereals: Bran flakes and shredded wheat.
- Avocado: A great source of fiber and healthy fats.
- Psyllium Husk: Often used as a fiber supplement or added to foods.
- Artichokes: High in fiber and antioxidants.
- Beets: Nutrient-rich and fiber-packed.
- Peas: Green peas and split peas are excellent sources.
- Pumpkin: Both fresh and canned varieties are high in fiber.
- Figs: Fresh or dried, they offer a good amount of fiber.
- Sweet Corn: Provides fiber along with various nutrients



Movement

You are already doing moderate exercise 3 days a week for 20 minutes at a time, for a total of **60 minutes per week**, which is a good start.

If you **increased it to 150 min**: 30 minutes 5 days a week or 20 minutes 7 days a week - you would meet target movement goals ⁴

download the **Aqt app** to track your triggers and get daily psoriasis tips from Dr. Hughes

order your plan **today:** get 10% OFF your plan: enter discount code **myfirstplan** at checkout



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