

Here's a brief summary of our plan:

- **Initial focus** - reduce endometriosis symptoms, manage systemic inflammation, improve digestive function by optimising microbial balance and reducing intestinal inflammation
- **Key Lifestyle focus** - start using your Kindle again, and put it away by 9:30pm - we're aiming to have you asleep around 10pm whenever possible
- **Supplements** -
 - NAC - 1 scoop in water twice daily
 - GI Revive - 1 teaspoon in water twice daily
 - feel free to mix these together.
- **Test results** - I've had another look through your results and there's nothing that requires any immediate action there. It would be great to see your stool test results if you can find them, and any other recent results you may have.
- Keep your eye on your digestive symptoms over the coming weeks, hopefully we will start to see some improvement; and make a note of any pre-menstrual symptoms and bleed characteristics if your period comes before our next appointment.
- **Next time** - we'll review how your digestion has been going, and discuss adding some probiotics, reproductive herbs and a good quality pre-natal to your prescription.
- Let me know how your meeting with your psychiatrist goes, and we'll incorporate some support for weaning off the Brintellix once you're ready for that.

If you have any questions in the meantime please don't hesitate to email me, otherwise I look forward to seeing you in 2 weeks!