



# BIO.SOUL

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TREATMENT PLAN FOR :

Jayne O'Brien

Date: 28/6/24

Health Goals	<ol style="list-style-type: none"><li>1. Improve nutritional status to support fertility, oocyte quality</li><li>2. Manage and reduce psychological stress</li><li>3. Improve levels of iron, Vit D</li><li>4. Support liver detoxification to encourage hormonal balance and fertility</li></ol>
Diet	<ul style="list-style-type: none"><li>- Let's work towards increasing food intake, particularly <b>vegetables</b> and <b>protein</b>. Ideally 1g of protein per kg of body weight (eg 70kgs = 70g protein per day).</li></ul> <p>(Remember protein is required to make neurotransmitters, functions as a building block for your body and is required for functioning of the liver enzymes (detox ability) and the immune system)</p> <ul style="list-style-type: none"><li>- Suggestions for <b>high protein foods</b> include: Cottage Cheese (8g protein per 100g serve) Tofu (8g per 100g serve) YoPro high protein yoghurts (15-20g) Lentils, nuts, seeds. Peanutbutter Protein powder Eggs (nutrient powerhouses!)</li></ul> <div></div>

- Aim to enjoy **1 serve of cottage cheese** during the day with (for example) rice crackers, or on zucchini slices, with some cherry tomatoes (easy snack)
- Enjoy 1 high protein yoghurt as dessert each night (can add nuts, seeds, peanut butter, fruits to make it into a fun dessert)  
\* Just adding these two snacks alone increases your protein intake by 28grams if you choose the
- Over the next 2 weeks **reduce coffee intake** by 1 cup daily, then to a half strength coffee, then to **no coffee** (trying to reduce slowly rather than cold turkey because the coffee withdrawal headache isn't fun at all). Remember that stressing the body (caffeine + cortisol) signals that it is not safe to procreate.


\*Caffeine consumption is linked to delayed conception and is associated with factors contributing to infertility, including endometriosis and an elevated risk of miscarriage. Excessive caffeine intake can strain the adrenal glands, impairing natural stress management and elevating stress hormones, which can have negative effects on both health and fertility. Moreover, its diuretic properties can affect nutrient balance and lead to the loss of essential fertility-enhancing nutrients like B vitamins. It is crucial for **both** partners to avoid caffeine when seeking to optimize fertility. It is important to remember that caffeine is not limited to coffee and comes in various forms. Dark chocolate, for instance, contains higher levels of caffeine than milk chocolate, and green tea shares similar caffeine content with black, white, and oolong teas.

A study of 1,909 women in America found the risk of not conceiving for 12 months was 55% higher for women drinking 1 cup of coffee per day. It was 100% higher for women drinking 1 and one half to 3 cups and 176 % higher for women drinking more than three cups per day. (Yale University School of Medicine. Epidemiologic Reviews Vol 14, Pg 83, 1992)

Coffee drinking before and during pregnancy was associated with over twice the risk of miscarriage when the mother consumed 2 to 3 cups of coffee per day. (Journal of American Medical Association December 22 1993)

A Caffeine intake of 3 or more cups a day by women or their partners doubled the rate of miscarriage in a Danish study. (American Journal of Epidemiology Vol 160 No 7 2004 661-67)

- **No alcohol**
- **Consume AT LEAST 3 different vegetables each day** (potato and onion don't count) to maintain fibre levels. Plants provide significant levels of antioxidants which are crucial to oocyte quality and fertility.

	<ul style="list-style-type: none"> <li>- Remember to <b>eat regularly</b>. Again this is to help increase your nutritional status but also to send the signal to the body that food is abundant, you are safe, looked after and therefore it is a safe and good time to fall pregnant.</li> <li>- <b>Dandelion root tea</b> – <u>1 cup min each day</u> to support liver detoxification which in turn helps hormone balance and regulation. You can but loose-leaf Dandelion Root, or Woolies sells BonVit teabags of Dandelion Root and Roasted Chicory.</li> </ul> <div data-bbox="528 551 767 887">  </div> <div data-bbox="528 898 767 1279"> <p>Bonvit Roasted Dandelion Te...</p> <p><b>\$9.00</b></p> <p>Woolworths</p> <p>★★★★★ (11)</p> <p>Bag · Unsweetened</p> </div>
<p><b>Lifestyle</b></p>	<ul style="list-style-type: none"> <li>- Allow yourself 5 minute each morning before getting in the car to get morning <b>sunlight</b> on your face and into your eyes.</li> </ul> <p><a href="https://www.hubermanlab.com/newsletter/using-light-for-health">https://www.hubermanlab.com/newsletter/using-light-for-health</a></p> <p>Huberman Lab Podcast on Sunlight for health optimisation:  <a href="https://www.youtube.com/watch?v=UF0ngolsNZc">https://www.youtube.com/watch?v=UF0ngolsNZc</a></p> <ul style="list-style-type: none"> <li>- Take time each day to <b>relax</b>, sit in the backyard. Breathe. Send your body signals that everything is great, you are safe and relaxed.</li> <li>- Allow yourself time over the next 4-6 months to take the foot of the pedal and not worry about conceiving for now. This is the time where you try to enjoy each other, feel as if you are dating again. If you're ovulating it is ok to have intercourse, but do it without the pressure of needing to fall pregnant ASAP.</li> <li>- <b>Toxins</b></li> </ul> <p><b>To minimize exposure to toxins</b> and synthetic products that</p>

	<p>can disrupt hormonal balance, it is also recommended to invest in the following:</p> <ul style="list-style-type: none"> <li>- Acquiring a high-quality water filter (I like the <b>MyWatersCo</b> jug, its approx. \$100 but it filters EVERYTHING and is more affordable)</li> <li>- Opting for glass or stainless steel containers.</li> <li>- Utilising eco-friendly cleaning products, such as environmentally safe laundry and dishwashing liquids.</li> <li>- Choosing natural cosmetics.</li> </ul> <p>-</p> <ul style="list-style-type: none"> <li>- <b>JOSH</b>: Evaluate your EMF exposure. WIFI and EMFs fry your swimmers! <ul style="list-style-type: none"> <li>*NEVER put laptop on Lap.</li> <li>*NEVER carry phones in pockets or on your body.</li> <li>*Where is the WIFI router? Is it near your bed? Needs to be away from where you sleep.</li> <li>*Do you have a PC tower next to your body/legs/hips when you use the computer? Needs to be away from the body</li> <li>*Do you have a smart watch? Your wrist is next to your pelvis often- don't use them.</li> <li>*Are you in a high EMF environment often? Offices? Wifi everywhere? Fluorescent lighting? Communication towers? You may need to consider EMF protective underwear if you are exposed to a lot of EMFs. There's a few brands so have a look around.</li> </ul> </li> </ul> <p><a href="https://boncharge.com/products/emf-underwear-male? pos=2&amp; sid=104785229&amp; ss=r&amp;variant=42133934276790">https://boncharge.com/products/emf-underwear-male? pos=2&amp; sid=104785229&amp; ss=r&amp;variant=42133934276790</a></p> <p>Ensure you are not wearing tight underwear.  Eliminate alcohol and caffeine intake (negative impacts on fertility)  Be mindful of prescription medication and it's effects on fertility  Consider if you've had any exposure to heavy metals in the past? Negative impact on fertility and requires detoxing.  Ensure you consume a diet high in plant foods – high in antioxidants which support sperm health and formation.  <b>Get hormone testing</b> – simple lifestyle changes can significantly improve testosterone levels and sperm quality.</p>
<b>Barriers</b>	<ul style="list-style-type: none"> <li>- Time to allow hormones to regulate since ending contraception.</li> </ul>
<b>Referral/Investigations</b>	<ul style="list-style-type: none"> <li>- Female hormone profile.</li> <li>- Vaginal Microbiome map</li> </ul>
<b>Prescription</b>	<ul style="list-style-type: none"> <li>- <b>Pure Natal</b> – fabulous and high quality multi vitamin with good levels of Vit D, and bioavailable B vitamins and Folate. Take 1 capsule per day, all through preconception and pregnancy.</li> </ul>

	<p><b>Consume at least 4 hours away from Thyroxine</b></p> <ul style="list-style-type: none"> <li>- <b>Bioclinic Naturals Iron</b> – to really work on bolstering your iron levels. This is a high bioavailable form of iron and I *think* it's in a chewable/lozenge form!? <b>CONSUME AWAY FROM DAIRY/TEA/COFFEE/LENTILS</b> (they block absorption).</li> <li>- <b>Ubiquinol:</b> Benefits in females- Lowers aneuploidy (chromosomal damage), delays ovarian aging, improves mitochondrial function, improves oocyte quality, protects oocyte from free radical damage and oxidative stress.</li> </ul> <p>For Men : Ubiquinol in doses of 600mg/day improves sperm count, motility, morphology, mitochondrial health, individual vitality, DNA and reduces reactive oxygen species (prooxidants).</p>
<b>Recipes:</b>	-
<b>Other</b>	<p>I'll look into the effects of Dexamphetamine on sperm health and let you know!</p> <p>Book back in for approx. 4 weeks (when tests are back) and we can go from there.</p>

*NOTE: Lifestyle and dietary recommendations have been provided to support your health goals. If you experience any adverse reactions or discomfort, discontinue the recommendations immediately. We will discuss modifying them during your next appointment. If you have any serious concerns, please contact me for guidance.*

*Herbal medicines have been prescribed as part of your treatment plan. Like any medication, discontinue their use if you experience rashes, diarrhea, digestive issues, allergic symptoms, or any other adverse reactions that you suspect may be related to the herbs. Please notify me immediately if you experience any such reactions.*

*Nutritional supplements have been prescribed to address your health condition. If you experience any signs or symptoms that you believe may be associated with these supplements, discontinue them immediately and contact me. Your health and safety are of utmost importance.*