

# Treatment Plan

November 2024

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ROSA

nutritionist and naturopath

## ***Treatment Goals:***

1. Decrease menstrual pain severity and frequency.
2. Reduce inflammation related to strenuous exercise activity.

## ***Dietary recommendations***

- Increase the variety of fruits and vegetables to support a healthy and diverse gut microbiome as discussed during the consult.
  - Would love to see some leafy greens in your salad! Lettuce, spinach, rocket, watercress, kale...
- Increase consumption of fermented foods which are rich in probiotics and will help maintain a healthy microbiome.
  - Sauerkraut and kimchi are good options as they won't interact with your current diet plan macronutrient intake.
  - You can also have yoghurt, kefir, kombucha and tempeh.
- Increase consumption of anti-inflammatory foods and nutrients that support recovery, reduce oxidative stress, and lower inflammatory markers which will help with pain associated with the menstrual cycle.
  - Fatty fish, berries, oranges, leafy greens, broccoli, cauliflower, turmeric, ginger, extra virgin olive oil complex carbs, green tea, tart cherry juice.
  - All whole foods will be anti-inflammatory, some more than others. That is why DIVERSITY (again) is so important!

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## ***Lifestyle recommendations***

- Track your menstrual cycle and all symptoms related to it using an app.
  - Track symptoms including mood, cervical mucus changes, acne, PMS, pain, bloating, changes in bowel motions, etc.
  - Drink your herbal tea blend 2-3x daily a week before the first day of your period.
- Complete your blood test on day 2 of the menstrual cycle (see list below). Do not forget to ask for a copy of the results (:
- Use a heating pad or hot water bottle on the lower abdomen to alleviate cramps and improve blood flow.
- A warm bath with Epsom salts and calming essential oils such as lavender to decrease period discomfort and relax muscles.
- **Easy and gentle exercise on the days around the first day of your period!!!!** This is very important as strenuous exercise can increase free radicals and increase inflammation, which will worsen pain! Be gentle with your body.
  - Strenuous exercise leads to micro-tears in muscle fibres, triggering a natural inflammatory response to repair the tissue. While this is part of building strength, it can exacerbate pre-existing inflammation and pain.

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### **Supplementation:**

- **OmegAval:** Omega-3 supplement to decrease inflammation and maintain healthy levels in the body. Will also help with period pain. Take 1 capsule daily and increase to 2 capsules daily 1 week before menstruating.
- **Magnesium glycinate:** 2 capsules daily with food. To support the nervous system, promote muscular relaxation and decrease period pain. *Take 1-2 capsules daily. 3 days before your bleed and on the first day, take 4 capsules per day.*
- **TriGandha:** Withania somnifera supplement to support the nervous system, stress and anxiety. *Take 2 capsules daily after lunch with a large glass of water.*
- **Curcutex:** To decrease inflammation and pain. *Take 1 capsule daily.*

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### ***Further testing recommendations:***

Female Hormone Panel: Oestradiol, Progesterone, LH, FSH,  
Testosterone, Free Androgen Index, SHBG

Cortisol

TSH, FT3, FT4

Fasting Glucose

HbA1c

Total Cholesterol

LDL

HDL

Triglycerides

Iron Studies: Iron, Transferrin, Transferrin Saturation, Ferritin

Active Vitamin B12

Folate

Vitamin D

Calcium

Full blood count

Liver Function (LFTs)

Kidney Function

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