



Treatment Plan- Sarah Moffat

18/01/2025

The following recommendations aim to address the main focus of our consultation which was to improve symptoms of your diagnosed PCOS and to support fertility in order to conceive.

Suggested Supplements:

Naturobest Preconception Multi for Women (by Naturobest)- a preconception formula which contains activated B vitamins including active Folate (which are more easily absorbed), along with other valuable vitamins and minerals including iodine, zinc and CoQ10 to prepare the body for pregnancy.

Dosage: Take 2 capsules daily with food.

Magnesium Glycinate (by RN Labs)- containing a highly absorbable magnesium which is good for supporting hundreds of chemical processes in the body including helping to reduce fatigue, promoting restful sleep, supporting a healthy stress response and healthy nerve function.

Dosage: Take 2 capsules twice daily

Recommendations to improve PCOS symptoms, improve menstrual cycle and encourage ovulation:

Commence Herbal Tincture which includes:

Paeonia (*Paeonia lactiflora*)- a hormone modulator, anti-inflammatory and antioxidant which may assist in reducing androgen excess.

Licorice (*Glycyrrhiza glabra*)- an anti-inflammatory, antioxidant and adrenal tonic which supports adrenal function and may assist in reducing androgen excess.

Dandelion Root (*Taraxacum officinale*)- an antioxidant, bitter tonic and hepatoprotective which supports liver function, assists liver to process and excrete excessive hormones and may assist in regulating blood sugar levels

Ashwagandha (*Withania somnifera*)- an adaptogen which is useful in reducing fatigue and improving the body's ability to manage stress. It is also anti-inflammatory and a mild sedative which can decrease nervous tension, alleviate anxiety and induce sleep.

Dosage: 5 mls 2x per day after food

- Managing insulin resistance is an important part of managing PCOS and related symptoms. Eliminate high sugar, highly processed foods and drinks. Eliminate coke if possible, consider replacing with herbal tea, lemon or ginger in hot or cold water (see information on low carbohydrate diet I've included in your email).
- A wholefood approach to eating is recommended and avoid processed foods. Include lots of vegetables, fruit (limit), good fats (e.g. olive oil, avocado, almonds), oily fish where possible (e.g. sardines, salmon) and wholegrains (limit). There is research to suggest that a Mediterranean-style diet has many health benefits which in essence includes foods such as those listed above and reduces grains and animal products.
- Aim to drink approx. 2L p/day of water. The amount you need is based on your size, environment and level of exertion so it is a guide only. Adequate water intake helps to maintain good brain function, eliminate toxins and aids digestion. Try adding some fresh lemon to water or having hot water with ginger (bruise ginger first).
- Commence drinking your herbal tea at night to assist with sleep and reducing stress and anxiety.