

Treatment Plan

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Treatment Goals:

- 1.Support immune function and modulate viral load (HPV – CIN3)
- 2.Replete iron stores and prevent further deficiency
- 3.Alleviate symptoms and inflammation related to adenomyosis
- 4.Support nervous system and stress response
- 5.Encourage blood sugar balance with well-rounded meals

Dietary recommendations

- 1.Increase consumption of savoury breakfasts and dinner to support steady energy levels throughout the day.

a.BREAKFAST

- i. tofu scrambled with veggies, avo and toast.
- ii.chickpea pancakes (see recipe at the end of treatment plan)
- iii. smoothies with low GI fruits (berries, apples, citrus fruits, underripe bananas)
- iv.Chia pudding with almond milk, cinnamon and berries.

b.DINNER

- i.miso soup with tofu and seaweed.
- ii.zucchini noodles with vegan lentil bolognese
- iii.tempeh with green veggies (avoid raw foods at night)
- iv. roasted veggie snack with hummus

c.SNACKS

- i. To support healthy iron intake: pumpkin seeds, roasted chickpeas, chia pudding, edamame.

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Lifestyle recommendations

Castor Oil Packs for Pelvic Support

Natural remedy to reduce pelvic pain, support circulation, and calm inflammation. They're especially helpful for adenomyosis and can ease cramping and support detoxification.

How to Use:

1. Soak a flannel cloth in organic castor oil.
2. Place it on your lower abdomen.
3. Cover with an old towel and a heat pack.
4. Relax for 30–45 minutes, 3–4x per week (avoid during your period).
5. Store the soaked cloth in a container in the fridge for reuse (up to 10 uses).

Wipe the skin with warm water afterwards if needed.

Castor oil packs should not be done during the menstrual cycle!!!

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Supplementation:

HERBAL FORMULA 1 – for immune system, nervous system and fatigue.

- **Thuja** – Antiviral and immune-modulating, helps target HPV and support viral clearance.
- **Astragalus** – Strengthens the immune system and builds long-term resilience.
- **Withania** – Calms the nervous system, supports energy, and helps the body cope with stress.
- **Ginger** – Reduces inflammation and cramping, and supports circulation and digestion.
- **Paeonia** – Relieves pelvic pain, balances hormones and eases menstrual symptoms.
- **Oat seed** – Nourishes the nervous system and helps ease emotional stress.
- **Rhodiola** – Boosts energy, and mental focus, and supports the body under ongoing stress.

HERBAL 2 – For period pain (only take during the menstrual cycle, do not exceed 30mL/week

- Cramp bark is anti-inflammatory and antispasmodic for period cramps.
- **Iron:** 1 capsule every second day with vitamin C
- **Magnesium:** One scoop every day 2 hours before bed. Around the menstrual cycle take 1 scoop twice daily.
- **VitD3 SPRAY:** 1-5 SPRAYS daily with a meal containing fat to support absorption (such as avo, nuts, seeds etc).
- **B12:** 1 spray 3x per week.
- **AHCC:** Clinical trials conducted used 3000mg. That would be two capsules twice daily, preferably on an empty stomach.

Monitoring & Follow-Up

Next appointment: in 4 weeks

- Reassess iron, energy, pain levels, immune markers
- Review surgery outcome (if completed)
- Modify herbal/nutritional plan accordingly

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Chickpea Veggie Pancake (Vegan)

Serves: 1–2 | Time: 10–12 mins

Ingredients:

- ½ cup chickpea flour
- ⅓–½ cup water
- spices and herbs to taste (tumeric, ground garlic, ground onion, chives, spring onion, basil, oregano, coriander, parsley)
- Salt + pepper
- ½–1 cup finely chopped/grated veggies (e.g. zucchini, carrot, capsicum, spinach)
- Oil for cooking

Instructions:

1. Mix flour, spices, and water into a smooth batter.
2. Fold in veggies.
3. Cook in a lightly oiled pan over medium heat, 3–4 mins each side.
4. Serve with avocado, hummus, or tahini.

HERBAL TEAS RECOMMENDATIONS *during menstrual cycle*

- Nettle leaf: iron-rich plant, nutritive
- Ginger: helps relax smooth muscle, anti-inflammatory, warming
- Spearmint or green tea: mild hormone balancing, anti-inflammatory
- Lemon balm: gentle antiviral + nervous system
- Dandelion leaf/root: Support liver, circulation, reduce stagnation
- Licorice Root: Adaptogen, adrenal support (great for chronic stress or fatigue), anti-inflammatory, antiviral. Sweet tea that is great for when we get sweet cravings.

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