



TREATMENT PLAN

CLIENT: Hallie Cochran

DATE: 27/3/25

Practitioner: Leigh Gibbs

Hi Hallie,

From my clinical observations, it appears that you have a progesterone deficiency in the luteal phase, which means estrogen is unopposed (she is the alpha female!) and when not balanced by progesterone, causes many of your symptoms. Please try to stick to the following protocol as much as possible. Until we meet again toward the end of your next cycle.

I have recommended getting some blood work done on day 20 or 21 of your next cycle, if possible. Pathology listed at the end of the treatment plan.

TREATMENT AIMS:

Initial Appt:

1. Start to balance hormones
2. Reduce PMS/D anxiety and support nervous system
3. Reduce inflammation

Follow Up Appt

4. Assess treatment and make adjustments as needed
5. Assess bloodwork.

Dietary /Lifestyle Requirements:

- **FATS** - Please lower your intake of saturated fats and increase healthy fats - olive oil, nuts/seeds, chia seeds, flax seeds, avocado, fish, sardines. (Flax seeds help bind excess estrogen too)
- **SUGAR** - please limit high sugar foods. Fruit is ok, but pair with some of your high protein yoghurt to balance blood sugar.
- **FIBRE** - increase soluble fibre intake - vegetables, leafy greens, legumes (if tolerated) This will help increase the good bacteria in your gut and increase clearance of excess estrogen.



- **GINGER TEA** - during the 'horror week'. Simply grate some ginger into a mug and add hot water. Use ginger in your cooking also. Ginger is a powerful anti inflammatory and brings warmth to the body. (Is also anti fungal)
- **SODIUM** - the medication depletes sodium. Just make sure you are putting a little salt on your meals. Sodium is important for cellular signalling and muscular health.
- **CALCIUM** - calcium is important for cardiovascular function, the muscular skeletal system and nerve function. It also helps with clotting. Please try to include calcium rich foods in your diet. Sardines, tahini, tofu, sesame seeds, bok choy, leafy greens, beans, lentils, figs.
- **LUTEAL PHASE FOOD RESTRICTIONS** - as there is a strong histamine response happening please steer clear of the following foods in the last 10 days of your cycle.

Tomatoes, Avocados, bananas, blueberries, strawberries, citrus fruits, cheese, fermented foods, leftovers, canned fish, cured meats, sausages, chocolate, wine, beer.

Once we have your estrogen balanced, and work on gut health, you shouldn't have too much of an issue with these foods.

SUPPLEMENTS:

- **Basica Activ** - Mineral supplement to support nervous system regulation, hydration and hormonal health.

DOSE - 1 tablespoon in 250ml water, 1 x day

- **Herbal Mix** - to balance hormones, nourish nervous system, reduce inflammation and anxiety and provide liver support for detoxification.

DOSE: 2.5ml in a little water in the measuring cup, 3 x day. **If well tolerated after 1 week, increase to 5ml 2 x day.

- **BioMedica MagDuo Powder** - to support energy, stress response, hormones and mood.

DOSE: 1 scoop in 200ml water anytime in the afternoon.

- **Zinc** - Your product - to support production of hormones, immune function and mood.

DOSE: 1 capsule with food, every second day

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Zinc (your product)	1 capsule	Every 2nd day only			√	
Basica Activ		1 scoop		Any time of day is fine		
Herbal Mix - in a little water	2.5ml		2.5ml			
MagDuo Magnesium Powder			1 scoop	Any time in pm/evening		



Referrals and Testing:

Blood pathology. Please collect on day 21 of your cycle, which will be around **Friday 18th April**. We will check your hormones also. Please ask for the following to be tested:

Iron Panel, CBC, E/LFT, Thyroid, Fasting blood sugar, Lipids, Vit D, Hormone Panel, including DHEA.

Next Appointment: Thursday 24th April, 2:00pm

You are welcome to change the appointment time if it doesn't suit. But it will be good to have the follow up appointment soon after you get your blood results.

Leigh :)

