



Treatment Plan- Karley Brodie
25/06/2025

The following recommendations aim to address the main health concern you came to discuss which was to better manage symptoms relating to endometriosis and to improve energy and reduce fatigue.

Recommendations

Make a few adjustments to your diet to reduce overall inflammation

- Commence an anti-inflammatory diet (see attachment for foods to enjoy and foods to avoid). This includes removing gluten, A1 casein from dairy, caffeine, alcohol and reducing red meat intake (although you have already removed most of these).
- Remove gluten from your diet short term (timeframe dependant on symptoms and how you're feeling).
- Incorporate organic Turmeric powder into your diet. This can be added to smoothies or made into a turmeric latte. Turmeric (*Curcuma longa*) is a powerful anti-inflammatory, antioxidant and analgesic useful in reducing chronic pain (including from Endometriosis).

<https://www.herbcottage.com.au/products/organic-turmeric-powder?variant=32539581218916>

<https://www.goodness.com.au/organic-turmeric-powder-150g/>

Suggested Supplements

Mag Taur Xcell (by Orthoplex)

This product contains highly absorbable magnesium as well as B vitamins, vitamin C, amino acids and other nutrients to support energy levels, reduce fatigue, improve stress response and improve constipation.

Dosage: 1 scoop in 200ml water, once per day.

Enterocare (by Biomedica)- a unique soothing and rebalancing formula for the gut which assists in relieving constipation and supporting the growth of healthy gut bacteria.

Dosage: 1 teaspoon (5g) in water or sprinkled over food once per day. Take 2 hours away from other medication. Contains fibre therefore, ensure adequate intake of fluids.

Other Recommendations

Improve bowel function, aiming to eventually pass a stool every day to reduce bloating and assist in reducing fatigue. Try the following:

- Try going when you first wake up and take something to read,
- Ensure adequate intake of fibre. Good sources of insoluble fibre (which softens stools)- legumes, pears, apples, oranges, carrots

Good sources of soluble fibre (bulks stools making them easier to pass- Green vegetables (beans, zucchini, celery), kiwifruit, wholegrains (gluten free), nuts & seeds.

- Ensure adequate fluid intake
- Avoid sitting for long periods

Follow up Appointment- 2-3 weeks from Initial consultation

At this time, we will review your current treatment plan, discuss your progress and make any changes as needed. We can also discuss your follow up appointment with your Gynaecologist.

Future Considerations

- Provide natural alternatives to current pain medication used for Endo flare ups
- Consider further factors in reducing Endometriosis symptoms (e.g. good immune function, healthy microbiome, support liver function and balance hormones)
- Follow up blood test to check- thyroid function (inc T3 & T4), iron levels, active B12, folate and WBCs
- Review current dose Sertraline in conjunction with discussions with your GP