



**Treatment Plan- Maria Copp**  
30/01/2025

The following recommendations aim to address the main health concern you came to address today which was ongoing issues with hormonal fluctuations and associated symptoms and to improve overall health and wellbeing.

**Suggested Supplements**

Replace current magnesium with the one below if you can locate in NZ.

**MagCalm** (by Orthoplex)- 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. This formula also contains Passionflower, an herb which assists with insomnia, excessive thinking and anxiety and Lemon Balm, which relaxes the nervous system and also assists with insomnia and anxiety.

Dosage: 2 scoops in water, once per day (night)

**Commence Herbal Tincture which includes:**

*Paeonia (Paeonia lactiflora)*- a hormone modulator, anti-inflammatory and antioxidant which may assist in managing hormonal imbalances and related symptoms.

*Cinnamon- (Cinnamomum verum)*- a warming antioxidant which protects cells against free radical damage, assists to regulate blood sugar, may reduce sugar cravings, insulin sensitivity and can help to ease menstrual cramping.

*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.

*Chamomile (Matricaria chamomilla)*- works within the ovaries to improve PCOS symptoms, also reduces inflammation and nervous tension.

Dosage: 5 mls 2x per day after food

## Other Recommendations

Making some adjustments to your diet in order to provide your body with more sustained energy and to avoid blood sugar spikes. In addition, managing blood sugar is an important part of managing PCOS and related symptoms.

- Avoid highly processed, high sugar foods and drinks where possible. Replace white grains such as rice, bread and pasta with brown alternatives. Include lots of vegetables, some fresh fruit (limit 1-2 per day), healthy fats and oily fish where possible. Also reduce red meat.
- Aim to eat one source of protein and one source of healthy fats with each meal. Eating protein with carbohydrates can help to stabilise blood sugar. Increasing protein can also help you feel full for longer and can assist with improving metabolism.
- See attached diet and lifestyle information sheets to reduce inflammation and exposure to hormone disrupting environmental chemicals.

**Good protein sources-** eggs, handful of nuts/seeds, legumes such as lentils and chickpeas, lean meat, Greek yoghurt, fish/shellfish.

**Good healthy (unsaturated) fat sources-** fatty fish (sardines, wild caught salmon), olives/olive oil, avocado, raw nuts (e.g. almonds, pistachios, cashews), seeds (e.g. pumpkin seeds, sunflower seeds, chia seeds, sesame seeds), tahini paste.

Where possible select organic, non- GMO or free range

- 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).
- Herbal tea at night to assist with sleep and reducing stress and anxiety (lavender, passionflower, chamomile, lemon balm). Other herbal teas (such as fresh ginger in hot water).

## Future Considerations

- GABA- may be a useful supplement to consider (can discuss in future consultation)
- Consider more thorough blood testing and preconception testing