

## Kate Baker

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**From:** Mel Aytan <mel@functionalnutritionist.net.au>  
**Sent:** Saturday, May 1, 2021 12:52 PM  
**To:** Kate Baker  
**Subject:** DUTCH Results  
**Attachments:** Katherine-Baker\_DUTCH-Complete-rn\_b3f5ed0e-51ac-47a4-b3a3-602bd1a2bffe.pdf

### This Message Is From an External Sender

This message came from outside your organization.

Hi Kate,

Please find your DUTCH results and summary below.

Findings:

- High E2 - Too much estrogen, prob due to low progesterone. fibroids? endo?
- Post menopausal levels of progesterone - cortisol is made at the expense of progesterone. Ageing.
- In range testosterone
- Low cortisol output - chronic stress over years and years. Psychological? emotional? physical? social? physiological? environmental? Chemical?
- Low DHEA-s (stress response)
- Good phase 1 liver detox
- Poor Phase 2 liver detox - genetic. Nutrient deficiencies?
- Low methylation
- b12 in range
- B6 in range
- Low dopamine - low tyrosine? Low protein?
- Low adrenaline hormones (stress out put) Low dopamine, stress. Low methylation.

Nutrition:

**Cruciferous vegetables:** these will help detoxify excess hormones out of your body so they don't recycle and become toxic. EG: bok choy, cauliflower, broccoli, brussel sprouts, cabbage, kale.

**Sulphur rich foods:** These also help with detoxification of liver. EG: cruciferous veggies and beef, fish, poultry and garlic, onion, leeks and eggs.

**Essential omega 3 fatty acids:** Have impressive anti-inflammatory properties and has beneficial effects on hormone health. EG: fatty fish, walnuts, chia seeds, flax and flaxseeds, leafy green veggies

**Foods high in fibre:** Fibre will also help remove toxins and hormones out of the body. Fibre is also important in feeding our good gut bacteria which is important in maintaining hormonal balance. EG: vegetables, wholegrains, legumes, fruit and seeds.

**Healthy fats:** We need fats to make our hormones so a variety of high quality fats is important. Moderation is important. EG: coconut oil, olive oil, olives, avocados, nut, seeds, grass fed meat and fatty fish

**Clean proteins:** Eating protein provides your body with amino acids that are used to produce specific hormones. Having protein with every meal will also help stabilize blood sugar and help us feel satiated. We

only need a palm full with each meal. EG: Cage free, organic eggs, pasture raised chicken, duck or turkey, sustainably caught fish such as salmon, herring, sardines, mackerel, trout, halibut, cod and anchovies.

**Slow Carbohydrates:** Are high in fibre and full of beneficial nutrients. EG: ancient grains such as quinoa, buckwheat, amaranth, teff and millet. Beans and legumes, sweet potatoes, butternut squash, pumpkin.

**Superfoods for hormone health:** These are some extra ingredients that can be swapped out for conventional products but also will boost hormonal health EG: sea vegetables like kelp and wakame, bone broth, apple cider vinegar, stevia, blackstrap molasses, tamari, miso, cocoa, coconut aminos, green tea.

**Herbs:** These particular ones are great at removing toxins from the body. EG: Parsley, coriander, dulse flakes and garlic.

**Drinks:** Matcha tea, green tea, lemon balm tea, bone broth, coconut water, filtered water. Aim for 2 litres a day of clear liquid including all fore-mentioned.

### **Supplements:**

- Please stop REVIVE and Hydroxy Lean and multi vitamin until we retest your B12 and B6 in 12 weeks.

Start:

- oestro clear - 1 tablet twice daily (take at least 2 hours away from medication)

WHY? To support phase 2 liver detoxification and lower estrogen.

- Iron - 1 cap daily away from caffeine (stop after 1 container)

WHY? To boost borderline ferritin stores.

- Mixed Magnesium - 1 scoop morning and night

WHY? To support phase 2 detoxification

- VITEX - 1 cap daily

WHY? To support progesterone levels and decrease prolactin levels

- Adrenotone 1 tablet morn and night

WHY? To support adrenals and stress response

This is a really good start. We may modify along the way.

### **TESTS:**

- Bloods in 12 weeks before you see me please: MTHFR, b12, b6, iron, thyroid antibodies (bc supplementing with iodine)
- Retest DUTCH in 6-12 months

OTHER: please read through this module on PNS activation and do 2 habits every day. [https://mailchi.mp/212cb28b1188/stop-the-hormonal-chaos-program-stress-reduction-2694245?e=\[UNIQID\]](https://mailchi.mp/212cb28b1188/stop-the-hormonal-chaos-program-stress-reduction-2694245?e=[UNIQID])

Let me know if you have any questions, this test can be very overwhelming.