



Melody Wu

Session 2

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See also Supporting Documents
- nervous system support.pdf

Focus

Vaginal Ecologix results

Be sure to read ALL parts of your protocol and follow the action points below

You can find your DNA and Vaginal Ecologix results, all your resources and editable documents in your private google drive folder [here](#).

PLEASE BE MINDFUL TO STOP TAKING SUPPLEMENTS AND SEEK ADVICE IF:

- You are scheduled for any medical procedure
- You become pregnant or undergo fertility treatments

Summary

Note on your Pregume results:

- There is so much to be happy with here including low AI markers, good nutrient status and low inflammatory markers. Testosterone is not too high either. I recommend peppermint tea daily to keep it in check and eating plenty of sulphurous foods to reduce DHEA.
- Many of the nutrient recommendations you're already taking.
- I personally don't think inositol is necessary since your blood sugar is extremely good.
- T3 is slightly low, so consider eating 4 Brazil nuts or supplementing with selenium daily

General:
You have a lot going on and I feel you're pushing yourself too hard with exercise, weight management etc. We will remove some of the digestive supplements and focus on keeping your nervous system happy for now.

Vaginal Ecologix Results

Vaginal pH	RESULTS:	pH RANGE:
pH HEALTHY RANGE: 3.8-4.5	pH 4.7 HIGH	<div><div>3.54.04.55.05.56.06.57.0</div><div>Healthy Range</div></div>

Your vaginal pH is slightly higher than ideal. This indicates 2 things:
1) The environment is not acidic enough for optimal sperm motility and
2) Below optimal levels of lactobacillus (see below)

There is a clear imbalance in the lactobacillus strains here. Whilst good levels are crucial for reproductive health, we ideally want a range of these 4. I have recommended a vaginal probiotic to be used as a pessary below.

Opportunistic Bacteria	RESULTS:	RANGE:
<i>Atopobium vaginae</i>	<DL	<div><div>0 - 45 - 89 - 1213 - 1617 - 20</div><div><4.5</div></div>
<i>BVAB2</i>	<DL	<div><div>0 - 45 - 89 - 1213 - 1617 - 20</div><div><2.1</div></div>
<i>Gardnerella vaginalis</i>	<DL	<div><div>0 - 45 - 89 - 1213 - 1617 - 20</div><div><6.5</div></div>
<i>Megasphaera 1</i>	<DL	<div><div>0 - 45 - 89 - 1213 - 1617 - 20</div><div><1.3</div></div>
<i>Mobiluncus curtisii</i>	<DL	<div><div>0 - 45 - 89 - 1213 - 1617 - 20</div><div><0.4</div></div>
<i>Mobiluncus mulieris</i>	<DL	<div><div>0 - 45 - 89 - 1213 - 1617 - 20</div><div><0.5</div></div>
<i>Prevotella bivia</i>	9.0 HIGH	<div><div>0 - 45 - 89 - 1213 - 1617 - 20</div><div><6.0</div></div>

The only imbalance bacterial that has been flagged up is Prevotella diva. P. bivia is traditionally implicated in vaginal tract infections, endometritis, and pelvic inflammatory disease.

TO DO LIST:

1. Set an **weekly alarm** on your phone NOW to remind you to fill in your symptom tracker
2. **Print out or save your daily check list** to your own google drive. If you're not printing it, make sure it's easy to access and check off every day
3. **Order your supplements (look for the email from Amrita)**
4. **Plan your stress management** and lifestyle activities in your diary in advance to make sure they are not forgotten. Eg, set an alarm every evening for your 10 mins of breath work
5. Set an alarm on your phone every Sunday to remind you to refill your supplement organiser

Supplements

Your current supplements:

- Vitamin D should be continued at 8000IU until end of Aug - move to 4000IU
- We will use the femme v vaginal probiotic as a pessary to increase acidity and lower pH
- We will also use an oral probiotic with reproductive tract strains

Your supplement plan below is safe to continue for the next 6-10 weeks.

Moving Forwards

You can purchase your next 60 min session here: <https://l.bttr.to/lxwej>

SUPPORT

Remember that I am here to support you in making these changes for the next 6 weeks. Please message me on the portal messenger at any time with any questions or concerns.

Food Recommendations

Foods to Include

Increase protein at every meal to roughly 30g

Include — 150g chicken, 200g salmon, 150g red meat, 1 scoop protein powder, 1 tbsp chia plus 1 tbsp pats plus 1/2 scoop protein powder, 250g organic tofu

Protein is essential for blood sugar and inflammation management. Many of your meals are

not protein heavy enough.

A handful of berries every day

Include — mixed frozen berries, dark fresh berries

These will help mop up the free radical damage caused by your fast phase 1 detoxification

A portion of organic liver or grass fed red meat once weekly

Include — organic liver, grass fed steak, grass fed minced beef

These are rich sources of heme iron, B12, folate and fat soluble vitamins to help with liver detoxification and energy

2L filtered water daily

Include — Add ginger or berries to your water if it helps

This will elevate constipation and help with fatigue and mood.

Peppermint tea + ginger tea 1-2x

Include — x1-2 is plenty

This will help keep testosterone in check.

Eat one apple daily this happens on average every 2-3 days

Include — Any variety

Apples are full of pectin and quercetin which will help support your gut and regulate bowel movements.

Substitute one tbsp chia seeds with a tbsp oats at breakfast

Include — jumbo oats

Chia are a great source of omega 3 and protein, but can contribute to diarrhoea in high amounts.

Foods to Exclude

Avoid all seed oils

Exclude — Rapeseed, canola, vegetable, palm

These old are highly inflammatory and contribute highly to pain and prostaglandin synthesis. They're found in crisps, cakes, biscuits, pastries, fried foods and processed foods. Cook with olive oil and coconut oil.

Avoid all STIMULANTS of any kind

Exclude — sugar, diet sodas, caffeinated tea, coffee

We need to stabilise your sensitive adrenalin receptors. Swap chocolate and sweet treats for coconut yoghurt and berries or dates with peanut butter etc. Swap tea for roiboos tea or ginger tea.

Avoid gluten

Exclude — traditional bread, traditional pasta, check sauces, cous cous, check condiments

With such inflammatory gut issues, gluten should be avoided long term. Swap pasta and noodles for rice or buckwheat. Swap traditional bread for high quality GF alternatives on occasion.

Avoid charred foods

Exclude — bbq, crispy fried foods, blackened meats

These cooking methods increase your already very fast CYP1B1 activity down the problematic 4-OH route.

Supplements

Vitamin D3 liquid

Pure Encapsulations

8 drops / With breakfast

Vitamin D is crucial for pain management, managing inflammation and immunity and reducing your very fast aromatisation. Move to x4 drops at the end of August.

Resveratrol High Potency

Vital Nutrients

1-2 caps / With lunch

Reseratrol will help to slow down your fast 4-OH pathway to reduce potentially damaging and carcinogenic estogren conversion. It is also crucial for stabilising the estrogen receptors and therefore balancing hormones throughout the cycle.

Zinc picolinate 30mg

Thorne Research

1 tablet / With dinner

At least 30mg zinc daily is needed to reduce your highly unregulated aromatisation gene. This is fine to take on top of your pre-natal.

Ubiquinol QH Absorb

Jarrows Formulas

1 capsule / With breakfast

To replace your existing CoQ10 supplement to protect egg quality and increase energy throughout the day.

Magesnium Malate powder

Seeking Health

1 scoop / With breakfast

Use in your morning smoothie or drink. Mg malate helps with energy production, progesterone levels and nervous system regulation for pain and anxiety relief. Note any increase in bowel movements. If so, use just a half a scoop and build up over a few weeks.

PEA 600

Biomedica

1 tablet / With breakfast; With dinner

PEA is an alternative to lemon balm, valerian and L-theanine. It is also an omega 3 which will help with pelvic environment.

Wild Omega 3 EPA

New Roots Herbal

1 tablet / With breakfast; With dinner

This omega 3 complements the PEA recommendation to provide a total of around 3g of omega 3 daily for egg quality and hormone balance.

Bio.Me Femme V

Invivo

1 tablet / Before bed

Insert vaginally every evening (unless bleeding) to reduce pH and increase lactobacillus variety.

Femmex Forte

Biomedica

1 tablet / With dinner

A short term (2 month) powerful course of reproductive tract probiotics to improve lactobacillus diversity.

Bitters Tonic

Vitanica

1 tsp / With breakfast; With lunch; With dinner

Before each meal in a little water. Start at 1/2 then up to 1 tsp. This will improve bloating, bile production and liver health.

B complex plus

Seeking Health

1 tablet / With breakfast

This can be continued or taken every second day long term for methylation and estrogen clearance.

Magnesium Glycinate

Pure Encapsulations

2 tablet / Before bed

To assist restful sleep. Try this for a few weeks to see if it helps relax the nervous system and reduce night sweats.

Lifestyle Recommendations

Focus on clean, chemical free products

Consider if you need to replace any toxic kitchen, home and beauty products

All screens off 30 mins before bed

Improve sleep quality and balance HPA axis

Get sunlight in your eyes for 20 mins every morning

This will regulate stress hormones and improve your circadian rhythm and sleep. If you don't have much sunlight, try this amazing sun alarm:

<https://www.lumie.com/products/zest-sad>

Every morning after your alarm goes off, set a second alarm to prompt you to begin 7/11 breathing. Then set your timer for 2 mins.

Inhale for 7 counts and exhale for 11 counts. This will switch your nervous system out of fight or flight mode and help you with your stress hormones throughout the day.

Alternatively, choose an option from the attached nervous system sheet.

Keep a notepad and pen by your bed and make a point of writing down any thoughts or concerns before you go to sleep every night.

This technique helps to bring your stress hormones down and will encourage better blood sugar balance.

Keep exercise slow and steady

Too much and too often will not help with weight management but will elevate cortisol levels and create inflammation.

Supplement Chart

Supplement	Upon rising	With breakfast	Mid-morning	With lunch	Mid-afternoon	With dinner	After dinner	Before bed
Vitamin D3 liquid Pure Encapsulations		8 drops						
Resveratrol High Potency Vital Nutrients				1-2 caps				
Zinc picolinate 30mg Thorne Research						1 tablet		
Ubiquinol QH Absorb Jarrows Formulas		1 capsule						
Magesnium Malate powder Seeking Health		1 scoop						
PEA 600 Biomedica		1 tablet				1 tablet		
Wild Omega 3 EPA New Roots Herbal		1 tablet				1 tablet		
Bio.Me Femme V Invivo								1 tablet
Femmex Forte Biomedica						1 tablet		
Bitters Tonic Vitanica		1 tsp		1 tsp		1 tsp		

Metagenics Vitamin D+K 5000 and adding 3000 iu nordic naturals

Bioclinic naturals 200 mg

Don't have this

PureGG 25B

B complex plus
Seeking Health

Pure Encapsulations Prenatal Nutrients

Magnesium Glycinate
Pure Encapsulations

2 tablet

Vitamin C 1000 mg

1 tablet

Iron Bisglycinate 18 mg

1 tablet

Sacchromyces Boulardii

1-2 tab

Myoinsitol + dchiro

2000 mg

Vital Nutrients Sleep Aide

2 tab

NAC 900 mg

1 tab

Tru Niagen

1 tab