



**Melody Wu**

## Session 1 - DNA results

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**Start date** April 30, 2024  
**See also** Supporting Documents  
- nervous system support.pdf

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### Focus

Making our first plan

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

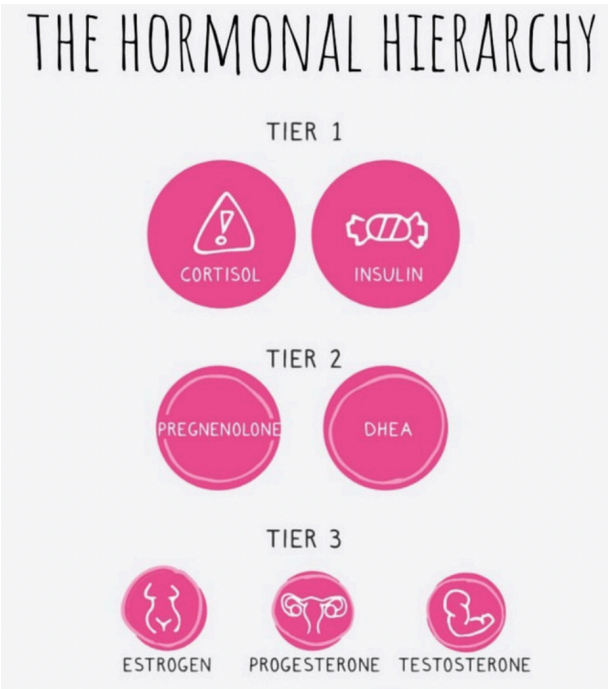
**You can find your DNA results, all your resources and editable documents in your private google drive folder [here](#).**

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

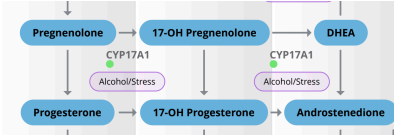
### Your Priorities

1. Support effective digestion and regulate bowel movements
2. Reduce your high 4-OH pathway and balance your sex hormones
3. Calm your stress response and develop your confidence in your health plan



DNA Summary

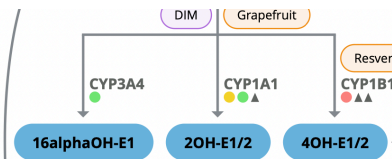
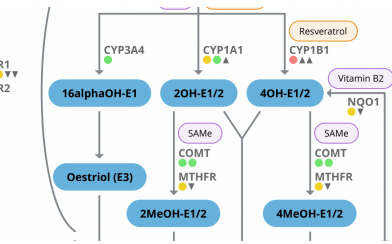

Progesterone (balancing sex hormone)

Finding	Explanation	Action
	<ul style="list-style-type: none"><li>• Progesterone is the supportive hormone that balances out estrogen and keeps us feeling calm and stable</li><li>• You have no genetic issues here</li><li>• However, increased stress or alcohol will increase your testosterone levels</li></ul>	<ul style="list-style-type: none"><li>• Including fats, proteins and carbs at every meal</li><li>• Daily breath work</li><li>• Active stress mangement</li><li>• Limitting alcohol intake</li></ul>
	<ul style="list-style-type: none"><li>• You have a slightly reduced ability to convert your</li></ul>	<ul style="list-style-type: none"><li>• Folate rich foods</li><li>• B12 rich foods</li></ul>



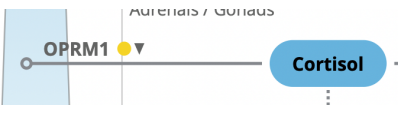

	<p>progesterone to AlloP, which makes you at slightly higher risk of anxiety, depression and PMS</p>	<ul style="list-style-type: none"><li>• methylated B vitamins &amp; folate</li></ul>
	<ul style="list-style-type: none"><li>• Your GABA receptors (GABA is a super feel good neurotransmitter) are not effective at picking up the precious GABA which is needed to support your mood</li><li>• This may make you prone to anxiety, PMS and poor sleep</li></ul>	<ul style="list-style-type: none"><li>• L-theanine supplement</li><li>• Lemon balm tea daily</li><li>• Valerian tincture at night</li></ul>

Estrogen (poor elimination is associated with endometriosis and pain)

Finding	Explanation	Action
	<ul style="list-style-type: none"><li>• Your conversion from testosterone to estrogen in fat cells is highly unregulated</li><li>• Alcohol and stress further speed up this process</li></ul>	<ul style="list-style-type: none"><li>• Including fats, proteins and carbs at every meal</li><li>• Increase zinc supplement</li><li>• Increase vitamin D supplement</li><li>• Daily breath work</li><li>• Continue with one daily matcha</li><li>• Active stress management</li></ul>
	<ul style="list-style-type: none"><li>• One of your phase 1 enzymes is very fast, which</li></ul>	<ul style="list-style-type: none"><li>• Resveratrol</li><li>• Cruciferous vegetables</li></ul>

	<p>causes a back up of the least preferable estrogen</p> <ul style="list-style-type: none"><li>• We need to take action with the CYP1B1 gene because this leads you to make <b>higher levels of 4-OH, the type of estrogen that is associated with endo growth</b></li></ul>	<p>(when tolerated</p> <ul style="list-style-type: none"><li>• Improving microbiome and digestion</li></ul>
	<ul style="list-style-type: none"><li>• Fortunately, your phase 2 is reasonably efficient</li><li>• Your COMT gene is really important because the COMT enzyme is involved in processing estrogen</li><li>• Your yellow MTHFR means you struggle to get from folic acid (dietary folate) to the useful methylated folate, further slowing down your liver</li><li>• On the right, your NQO1 is slow, which means any 4-OH is not effectively redirected away from DNA damage and oxidative stress</li></ul>	<ul style="list-style-type: none"><li>• Magnesium</li><li>• Daily breath work and stress management</li><li>• Managing toxic load</li><li>• Methylated B vitamins &amp; folate</li><li>• Choline supplement</li></ul>
	<ul style="list-style-type: none"><li>• Your estrogen receptor genes tells us that you are prone to migraines, PMS and fluctuating estrogen throughout your cycle</li><li>• Over all, it can result in higher circulating estrogen levels</li></ul>	<ul style="list-style-type: none"><li>• Resveratrol</li><li>• Manage estrogen levels overall</li><li>• Improve bowel function to avoid reuptake of estrogen</li></ul>

HPA axis (your ability to switch hormones on and off appropriately)

Finding	Explanation	Action
	<ul style="list-style-type: none"><li>You are sensitive to adrenaline which further disrupts this axis</li><li>Essentially, the noise from stress and stimulation is drowning out the estrogen signals, this making ovulation harder</li></ul>	<ul style="list-style-type: none"><li>Daily stress management</li><li>Daily nervous system work</li><li>Avoid all stimulants</li></ul>
	<ul style="list-style-type: none"><li>Potentially higher anandamide which has the potential to disrupt ovulation</li><li>Progesterone and estrogen need additional support</li></ul>	<ul style="list-style-type: none"><li>Daily stress management</li><li>Daily nervous system work</li><li>Including a range of different coloured fruits and vegetables every day</li></ul>
	<ul style="list-style-type: none"><li>Potentially blunted stress response which may be a positive, but can result in anger and aggression</li></ul>	<ul style="list-style-type: none"><li>Avoid alcohol</li></ul>
	<ul style="list-style-type: none"><li>Increased melatonin sensitivity and decreased insulin sensitivity</li><li>Can lead to higher blood sugar levels</li></ul>	<ul style="list-style-type: none"><li>Avoid simple carbs near to sleep and wake times</li></ul>

FOOD RECOMMENDATIONS

Your food diary demonstrates some wonderful elements:

- Great diversity of vegetables and proteins
- Regular and mostly balances meals
- No gluten or cow's dairy
- No omega 6 high processed foods

HOWEVER...

For someone with severe chronic diarrhoea, there is a HUGE amount of complex fibre. Whilst fibre is a good thing in general for endometriosis and hormone health, this isn't the case when your bowel movements are so frequent and painful. I recommend we undergo a 4 week process of calming and slowing down bowel function using a simple and calming diet, along with the recommended supplements.

## Weeks 1 & 2

**Remove potentially irritating foods** such as chia, highly fibrous veg (unless extremely well cooked or blended into a soup), dried fruits, nuts and seeds, fermented foods, raw vegetables, strawberries, legumes, lentils.

Focus on:

- protein and avocado smoothies with frozen berries and oats
- chicken (and chicken soups and your broth/collagen)
- fish
- Slow cooked red meats
- cooked starchy vegetables (squash, potatoes, carrots etc)
- omega 3 fats (oily fish, avocado, olive oil, butter, flax oil)
- keep fruit to fresh or frozen dark berries (not strawberries or dried fruits)
- Small amounts of thoroughly well cooked vegetables at lunch and dinner, avoiding any that you know cause digestive symptoms
- drink ginger tea regularly and try to rest as much as possible
- be sure to take 1-2 digestive enzymes before each meal (2 for larger meals)
- **please feed back to me on messenger regarding any changes in bowel movements**

## Week 3

- Introduce gluten free grains such as rice and buckwheat (noodles etc)
- Reintroduce sheep and goat's dairy products
- Increase your vegetable portions if you feel you are ready - keep these well cooked and easily digested options
- GF bread can be reintroduced

## Week 4

- Reintroduce small amounts of well cooked legumes (lentils, chick peas)
- More fruits are now acceptable - begin the one apple every day
- Try x1 small handful of nuts where you fancy them and note any symptoms
- Try small amounts of raw vegetables such as carrots, cucumber etc

## Week 5

- Back to full range of your usual foods
- HOWEVER, avoid overloading your gut with lots of highly fibrous vegetables in the morning
- stick to the amended chia/ oat suggestion below
- follow the advice regarding protein

## TO DO LIST:

1. Set an **weekly alarm** on your 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)** along with a supplement organiser that has at least x3 compartments a day such as this one from Amazon:  
[https://www.amazon.co.uk/Organizer-Fullicon-Compartments-Dispenser-Supplement/dp/B08L764G4S/ref=sr\\_1\\_11?crid=AQQMWWTM5WYG&keywords=supplement+organiser&qid=1675244618&prefix=supplement%2Caps%2C115&sr=8-11](https://www.amazon.co.uk/Organizer-Fullicon-Compartments-Dispenser-Supplement/dp/B08L764G4S/ref=sr_1_11?crid=AQQMWWTM5WYG&keywords=supplement+organiser&qid=1675244618&prefix=supplement%2Caps%2C115&sr=8-11)
4. Make a rough plan of what you will eat for **breakfast and lunch every day next week**
5. **Plan your stress management** and lifestyle activities in your diary in advance to make are they are not forgotten. Eg, set an alarm every evening for your 10 mins of breath work
6. Set an alarm on your phone every Sunday to remind you to refill your supplement organiser

## Supplements

Your current supplements:

- Your omega 3, saccharomyces bollardi, CoQ10, Vitamin D and Pre-natal are good choices
- Please note the change in dosages in the table bellow
- Sine not all these exact brands are available in the main dispensary, you'll notice that your supplement basket has preferable replacements. Feel free to either order from the basket or delete the supplements you want to replace elsewhere
- Vitamin D should be continued long term at 4000IU pending any blood test updates - I recommend getting a blood test aap
- I would not recommend continuing with your current calcium supplement long term

Your supplement plan below is safe to continue for the next 4-10weeks.

## Recommendations:

- Vitamin D test asap
- Promethazine and Cabergoline are known for possible interactions. Promethazine may reduce the effectiveness of cabergoline and cause dizziness and lightheadedness. This might be something to discuss with your doctor
- I've actually left the cruciferous veg off the plan for now as I want you to soothe the gut over the next 4-6 weeks and see how you go

## Moving Forwards

Please book your next session 4-10 weeks from today. You can purchase your next 60 min session here: <https://l.btrr.to/lxwej> This includes a review and plan following your Vaginal Ecologix results.

## 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.

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## 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.

### **Camomile tea daily**

*Include — x1-2 is plenty*

This will help reduce the inflammation in the GI tract.

### **Eat one apple daily**

*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, vegtable, 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.

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## **Supplements**

### **Vitamin D3 liquid**

*Pure Encapsulations*

#### **4 drops / With breakfast**

PLEASE GET YOUR VITAMIN D LEVEL CHECKED ASAP.

Vitamin D is crucial for pain management, managing inflammation and immunity and reducing your very fast aromatisation.

### **B complex plus**

*Seeking Health*

#### **1 tablet / With breakfast**

You are currently getting enough B vitamins from your pre-natal multi. However, if you stop these, please make sure to take a methylated B complex with choline such as this one. This will help estrogen detoxification, progesterone conversion and free radical damage.

## Resveratrol High Potency

*Vital Nutrients*

### **1 tablet / 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.

## Sleep Aid

*Vital Nutrients*

### **2 tablet / Before bed**

Take 60 mins before bed. Whilst this is marketed as a sleep supplements, we are using it to restore the GABA receptors and increase GABA receptor sensitivity. It contains 2 nutrients to increase GABA availability and one to stimulate the receptors themselves.

## Saccharomyces Boulardii

*G&G vitamins*

### **1-4 tablets / With lunch**

These are a good replacement for your current brand. Saccharomyces are a stool firming yeast which are also antimicrobial and support the production of IgA in the gut.

## Ferment active turmeric powder

*New Roots Herbal*

### **1 tsp / With breakfast**

Use one tsp in your morning smoothie (or drink) along with x1 TBSP COLD PRESSED FLAX SEED OIL (available from any good health store).

FLAX OIL SHOULD BE KEPT IN THE FRIDGE AT ALL TIMES.

This is a highly antiinflammatory pairing which will help your bowel cramping by reducing the prostaglandins around the bowel area post internal bleeding.

## **Acacia fibre**

*Moss Nutrition*

### **1 scoop / With breakfast; With lunch**

Acacia fibre is an excellent choice for regulating bowel function and soothing the GI tract for improved immunity and inflammation. Unlike other fibres, it's useful for firming the stool and slowing down gastric emptying. BUILD UP FROM ONE SCOOP IN THE MORNING FOR A WEEK TO TWICE A DAY IF WELL TOLERATED.

## **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.

## **ProFloraGG 25B**

*Pure Encapsulations*

### **1 tablet / With dinner**

Your stool test confirms very low levels of lactobacillus. This is the first probiotic supplement in a sequence we will use to reinoculate the bacteria in your gut. It will last one month. I've chosen it for its high strength the effectiveness of this particular strand.

## **Digest**

*Enzymedica*

### **1-2 tablets / With breakfast; With lunch; With dinner**

Use for the 4 weeks gut soothing plan. There are only 30 caps but this should be enough to assess the benefits of a broad spectrum digestive enzyme on your bowel movements.

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## **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.

## Supplement Chart

Supplement	Upon rising	With breakfast	Mid-morning	With lunch	Mid-afternoon	With dinner	After dinner	Before bed
<b>Vitamin D3 liquid</b> Pure Encapsulations		4 drops						
<b>B complex plus</b> Seeking Health		1 tablet						
<b>Resveratrol High Potency</b> Vital Nutrients				1 tablet				
<b>Zinc picolinate 30mg</b> Thorne Research						1 tablet		
<b>Sleep Aid</b> Vital Nutrients								2 tablet
<b>Saccharomyces Boulardii</b> G&G vitamins				1-4 tablets				
<b>Ferment active turmeric powder</b> New Roots Herbal		1 tsp						
<b>Acacia fibre</b> Moss Nutrition		1 scoop		1 scoop				
<b>Ubiquinol QH Absorb</b> Jarrows Formulas		1 capsule						
<b>Magesnium Malate powder</b> Seeking Health		1 scoop						

<b>ProFloraGG 25B</b> Pure Encapsulations					1 tablet	
<b>Digest</b> Enzymedica	1-2 tablets	1-2 tablets	1-2 tablets			