

Prescription # 1961 from Alysha Habgood Naturopath 20/01/2025

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CURRENT SHORT TERM FOCUS:

- Optimise diet for fertility
- Support IVF cycle
- Reduce inflammation
- Improve digestion and absorption of nutrients

Recent Results:

Pathology Results 20/11/24

- ANA: Speckled Pattern (Titre 1:640) can be suggestive of autoimmune diseases
- low MH 2.3 (want 14-29) reflects ovarian activity, low linked to vitamin d deficiency or high stress
- low albumin 41 (want 45-50) Low in liver dysfunction or protein malnutrition, inflammation
- high globulins 32 (want 24-28) High with abnormal protein production associated with some autoimmune, infections & inflammation.
- low ALP 33 (want 50-75) A liver enzyme. Low in biliary obstruction, zinc or C deficiency
- low GGT 10 (want 15-30) A liver enzyme. Low in B6 & magnesium &/or protein deficiency
- low oestrogen 75 (want 150-250) Low can lead to immature eggs or prevent eggs from implanting due to the thin endometrium lining.
- HLA B27: positive. can be indicative of ankylosing spondilitis, reactive arthritis, psoratic arthritis
- CRP, electrolytes, kidney function, glucose, cholesterol, haemoglobin, red & white blood cells, platelets, ESR, iron B12, folate, TSH are all good

Supplement	Breakfast			Lunch			Dinner			Bedtime
	Dose			Dose			Dose			Dose
	Before	During	After	Before	During	After	Before	During	After	Before
BIOMEDICA PHYTOZYME 90VC To support digestion and improve absorption of nutrients Dose: 1 cap three times per day with main meals.	1 capsule			1 capsule			1 capsule			
ORTHOPLEX WHITE GUT-R 210G (Changed from GUT RX) Reduces inflammation Support digestive function and immune system balance Heals and seals the gut wall lining Reduces bloating and supports health bowel motions Dose: 1 scoop per day									1 scoop	

Dietary

General Fertility Food Focus

- Ensure a source of good quality **protein** with each meal (especially breakfast) to aid production of stomach acid, neurotransmitters for mood, regulates blood sugar levels & supports hormone production. This includes eggs, chicken, beef, lamb, seafood, gelatin, collagen.
- Ensure you are eating **breakfast** within 1hr of waking, it's vital not to skip or delay breakfast. This is important for energy, adrenals, hormones & blood sugar balancing. A easy way to boost this is by making a smoothie with a good quality collagen or protein powder.
- Please consume foods high in **antioxidants** with a focus on colourful fruits and vegetables. Antioxidants can be found in green tea, turmeric, berries, parsley, leeks, and green leafy vegetables. This is important in fertility as it can protect the egg from being damaged, produces strong healthy eggs, reduces inflammation & can reduce the risk of miscarriage.
- To support the production of hormones please continue to consume **healthy fats**. This includes wild caught fish (& fish oil), grass fed meat, free range chicken & eggs, activated nuts & nut butters, seeds (pine nuts, sesame seeds, pumpkin seeds) avocado, olive oil, flaxseed oil, avocado oil, butter & ghee.

Specific Foods for you to focus on:

- If you are willing to try eating eggs, consider starting with the yolk. This is where all the nutrients are (Vit E, D, A, B12, B2, folate & choline). Most people react to the protein found in egg whites.
- Start to increase more seeds into the diet. Just start with a small amount (1 tablespoon total per day). This will help to increase your overall micronutrient intake. Pumpkin seeds (high in zinc), flaxseeds (boosting oestrogen), hemp & chia (high in omega3), sesame seeds (high in calcium). If you grind them up or buy them ground they will be easier to absorb the nutrients. The Goodmix blend 11 blend is great and is low fodmap. It might be a great place to try as it can be added to smoothies, chia pudding etc.
- Bone broth try to aim for a low cook time. The broth of life brand do a specific low fodmap broth which should also be lower in histamine.
- Consuming beetroot which is high in nitric oxide can help to boost circulation to deliver nutrients to the ovaries & uterus, supporting the endometrial receptivity.
Add roasted beetroot to salads, smoothies, or try as a juice.
- Try adding fresh herbs to your meals to provide more flavour and change things up. Think basil, mint, coriander, parsley, dill, chives, oregano and rosemary.
- Look into the Eumundi Meats paleo sausages. I really like the ones with added beef liver to give it an extra nutrient boost.
- Make sure any leftovers are eaten the next day within 24 hours. The longer they sit the more they will have histamine.
- You could look into bringing in rice or buckwheat to add a bit more variety. Avoid brown rice, instead go for a basmati or jasmine rice which is easier to digest. Buckwheat flour can be a great substitute in cooking.

BREAKFAST IDEAS

- Smoothie with protein powder, spinach, berries, yoghurt, collagen powder, hemp + sesame seeds, nut butter.
- Black forest smoothie with banana, cocoa, berries, collagen/protein powder, flaxseed meal
- Coconut yoghurt with protein powder, berries, banana and hemp seeds.
- Chia pudding with collagen/protein powder, berries.
- Paleo sausages with liver and a fried egg yolk.

LUNCH/DINNER IDEAS

- Oven roast chicken legs or lamb with pumpkin, sweet potato, cauliflower, carrot, beetroot, Side salad.
- Slow cooker meals with beef/chicken, any veggies, bone broth/ stock, grass fed butter/ghee, heart & soul curry paste.
- Steak with mash sweet potato and green beans, silverbeet .
- Chicken salad with roasted beetroot, pumpkin, carrot, avocado, olive oil dressing.
- Pan or oven cooked Fish rice and steamed veg - pumpkin, green beans, broccoli etc.

- Veg stir fry with or basmati rice, meat of choice (beef, chicken etc)
- Chicken soup (use whole chicken or legs with bone), veggies of choice, bone broth, silverbeet,
- Miso ramen with bone broth. Use rice ramen, egg yolk, chicken, any veg you like, ginger, seaweed (snack strips from woolies) and fresh herbs
- Zucchini & dill fritters. Use with buckwheat or coconut flour.
- Sheppards pie with a sweet potato mash
- San choy bao lettuce cups
- Lemongrass chicken mince koftas
- Prawns served with zucchini zoodles
- Seared scallops with Chimichurri
- Loaded sweet potato with cumin spiced beef mince topped with avocado and coriander
- Thai beef salad with fresh herbs

Snack Ideas

- Hand full of brazil nuts for selenium
- Chia pudding with protein powder, berries
- Yoghurt with mixed in protein powder, berries, banana, hemp seeds (similar to breakfast recipe).
- Protein smoothie.
- Dates filled with macadamia butter, topped with cacao nibs.
- Herbal teas, the brand 'pukka' is great and taste good, can be found at woolies/coles.
- Carrot cake bliss balls
- Sweet potato wedges dusted with cinnamon with a homemade guacamole
- Good quality dark chocolate or dark chocolate coated macadamia nuts
- Beef jerky
- Nori seaweed snacks

Lifestyle

Digestion Support

- Please take 5 deep **breaths** (4 seconds in, 4 seconds hold, 4 second out) before meals to activate the parasympathetic nervous system which is vital for digestion by increasing stomach juices (HCl acid and bile) and digestive enzymes. By optimising the breakdown of food will assist in improving your nutritional status.
- Aim to **eat mindfully**. This means focusing on chewing your food. Protein and carbohydrates are first broken down/digested in the mouth. When we chew, our saliva glands secrete salivary amylase, a digestive enzyme that helps to further breakdown and digest our food before it gets to the stomach. This stimulates the rest of the digestive tract to prepare for the food about to come and regulate bowel movements.

Nervous System Support

- **Stress reduction** is paramount to improve your health. Incorporate stress management techniques like meditation, Epsom salt baths, walk with friends, drawing/painting, gardening listening to music, dancing, getting a massage, cuddling, cooking a yummy meal or laughing at a funny movie can all reduce cortisol, slow us down and switch us into our "rest, digest & heal" state.
- Lying on your back on the floor with your **legs up the wall** for 5-10 minutes can help to stimulate the vagus nerve to activate the "rest & digest" nervous system. This can also be a great time to do some breathwork or meditation.
- Contrasting **hot and cold hydrotherapy** can stimulate blood flow to all major organs, bringing oxygen and nourishment to cells whilst carrying wastes away to aid detoxification, digestion and vitality. Whilst you may not have a hot tub or cold plunge pool on hand, you could explore this invigorating modality as part of your shower routine. It can be lovely to incorporate at the beginning of your day or before bed. Heat body under hot water for 2-3 minutes, then Cool body under cold water 20-30 seconds. Repeat this cycle 2-3 times.
- **Humming** creates a vibration that stimulates the vagus nerve to help regulate our nervous system, it increases nitric oxide which improves circulation & blood flow. Humming can easily be done in the shower, while listening to music, or while driving to and from work.

- Creating a morning/evening **ritual** can be important. It doesn't have to be long, just a quick simple process. Could be a gratitude practice, short meditation, body oil self massage, light a candle/incense, meditate for 5mins, gentle stretching, skincare routine, warm bath or some breathwork.
- You can also listen to a meditation Alysha recorded here:

https://d1aettbyeyfilo.cloudfront.net/alyshahabgood/2585_1709644434259Meditation_body_awareness_mp3.mp3

We want you to be more present in your body (anxiety is worrying about the future) so being more conscious of your breath, the sensations in your body, noticing how you talk to yourself and your body on a daily basis.