

Client: Bella

Clinical findings:

- You currently have various hormonal imbalances causing secondary amenorrhea (lack of menstrual cycle)
- Raised liver enzymes which is worsening oestrogen and testosterone levels as these cant be excreted from the body
- Low vitamin D levels as liver is not adequately absorbing vitamin D as it's not functioning correctly
- 1. Elevated insulin levels which causes lack of menstrual cycle, acne and weight gain
 2. Increase oestrogen to progesterone ratio which causes weight gain, lack of ovulation
 3. Increased testosterone which causes weight gain, and PCOS based symptoms.

Treatment

Treatment Aim	Initiate ovulation and regulate menstrual cycle
Treatment Goals	<ol style="list-style-type: none"> 1. Address excess oestrogen and improve progesterone 2. Reduce increased insulin levels 3. Assist with whole body detoxification due to raised liver enzymes 4. Ensure all nutrients are present for ovulation, hormone synthesis + regulation

Dietary & Lifestyle Recommendations

Recommendations	Change required	Link to Case
New dietary changes to recommend	<ul style="list-style-type: none"> • Continue with seed cycling • Having legumes 3 times a week + fish to support balancing insulin levels quicker, such as lentil shepards pies, chickpea based meals. • Start walking 3 times per week 3km, along with also doing weight training 3times per week ,this will help to balance your insulin levels faster. <p>consumption of 2 eggs daily to assist with hormonal regulation via androgen clearance</p> <ul style="list-style-type: none"> • Cinnamon in foods to assist with regulating insulin levels • Protein/fats with every meal as these are required for hormonal 	

	<p>regulation and synthesis.</p> <p>Protein: any animal meat, eggs, fish, protein powder</p> <p>Fats: avocado, eggs, fish, nuts, seeds, olive oil</p> <ul style="list-style-type: none"> • Oats or eggs for breakfast, eating upon wakening. • Exercise weight training 3 times weekly to assist with balancing insulin levels.
<p>Start seed cycling 1 tablespoon of each seeds, start day 1 on the next new moon</p>	<div> <h2>Seed Cycling</h2> <p>for balanced hormones</p> <p>Follicular Phase: menses to ovulation (new moon to full moon)</p> <p>2 tablespoons daily pumpkin seeds flax seeds</p> <p>Luteal Phase: ovulation to menses (full moon to new moon)</p> <p>2 tablespoons daily sunflower seeds sesame seeds</p> </div>

Prescription

Recommendation	Link to Case	Dosage
Bio D	Due to suboptimal vitamin D levels, already activated so the liver does not	Take 1 capsule daily.

	have to activate it.	
Herbal medicine	<ul style="list-style-type: none"> • Saw palmetto - to reduce testosterone • paeonia for regulation of hormones • Chaste tree - to decrease oestrogen and increase progesterone levels. • • Withania regulate stress response worsening hormonal cascade • Gymnema - high insulin levels 	7.5ml in 15ml of water twice daily
Nutritional compound	<ul style="list-style-type: none"> • Magnesium, B vitamins, Zinc, vitamin C - to reduce anxiety and provides nutrients required for hormonal regulation and production. • L-theanine to reduce anxiety • Inositol - balance increased insulin levels • Calcium D glucarate - increase progesterone level and decrease oestrogen • P2 detox to normalise liver enzymes • Beets green to reduce acne breakouts and oxidative stress/inflammation involved 	As label instructions