



Holistic Treatment Plan – Chantelle Werrett

Followup consultation 05/01/22 Practitioner: Melissa White

CURRENT HEALTH PRIORITIES

1. Sleep
2. Hormone modulation & menstrual headaches

AIMS

- Continue oestrogen metabolism and clearance, and reduce large changes in oestrogen levels over the cycle to reduce incidence and severity of menstrual migraines.
- Improve stress resilience and support adrenal function to help with sleeping through the night.
- Clear circulating thoughts around sleep/waking.
- Address potential nutritional deficiencies.

ACTION PLAN

Diet

- Ensure you are having between 60-80mg/day of isoflavones (phyto-oestrogens) in the days leading to your period and for a few days afterwards to reduce the large drop in oestrogen in your body triggering migraines. The estimated isoflavone content in 100g of whole soy foods include:
 - o Boiled soy beans 65mg
 - o Miso 42mg
 - o Tempeh 35-70mg
 - o Tofu 22-34mg
 - o Soy milk 7-10mg
- Now that you are not taking progesterone, your body needs to produce its own, which requires ovulation. A short cycle is generally associated with low progesterone. Progesterone is easily converted to stress hormones, so take the time to reduce the effects of stressors.
- Awareness around the amount of coffee you're consuming and your anxiety levels.
- The following nutrients can be low in a vegetarian/vegan diet and are needed to support ovulation and healthy progesterone production: Selenium (include 2 brazil nuts per day), Zinc, Iron (which you are supplementing), Iodine (sprinkle dulse flakes on your food), Vitamin A (you need good levels of zinc to make it from plant-based beta-carotene), and B vitamins (which you are supplementing). Magnesium (which you are supplementing) and vitamin C are also required for good progesterone levels.



- Continue to track your basal morning temperature and cervical mucous on the KINDARA app so we can assess whether you are starting to ovulate post progesterone.

Bush flower essence: Reduce circulating thoughts, fear, clearing the old and reconnection.

- Black eyed susan
- Boronia
- Bottlebrush
- Bush gardenia
- Crowea
- Grey spider flower

Supplements

Treatment	Breakfast	Lunch	Dinner	Other
PRESCRIBED				
Liquid herbal Tonic To support adrenals and nervous system	2.5ml			7.5ml – 1/2hr to an hour before bed. Same time as Magnesium
P2 detox	1 teaspoon			
NAC	1 scoop			Have a break on the weekends. Must be taken with food *
Cal-D-glucarate	½ teaspoon			
Muscleze night Magnesium				1 scoop 1hr after dinner
Vit D	2000IU			
Omega 3	1 capsule		1 capsule	
Designs for health B Supreme	1 capsule with food			
B12 spray			1night	
Iron			1 with food	Every second day
Blackmores BioZinc			1 with food	Alternate with iron, every second day.
Flower essence			7 drops	Twice a day

