



Your Personalized Nutrition Plan

Date: 15 July 2024

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Referrals:

- Please see your GP to retest the following bloodwork: TSH, T4, T3, Thyroid Antibodies, B12, Folate, Calprotectin. Also, ask for vitamin D.

Gut Health Maintenance:

Supplement	Dose			Reason
	Breakfast	Lunch	Dinner	
Nutra-Life Probiotics	1 capsule with water			Support intestinal health, maintain beneficial gut flora and support regular bowel movements.

Menstrual Cycle Support Coming Off the Pill:

Supplement	Dose			Reason
	Breakfast	Lunch	Dinner	
Curcutex	1 capsule with water			Reduce inflammation, helps reduce pain associated with heavy periods
FemmeX (powder)	2 level scoops in water		2 level scoops in water	Supports oestrogen metabolism via proper detoxification and excretion, additional support for painful periods, reduces PMS and cramping.

Things to consider when coming off the pill:

- You may experience some heavy bleeding for the first few months. This is due to the ovaries' return of oestrogen and progesterone production and regulation.
- You may experience irregular menstrual bleeding for the first few months whilst your hormones rebalance

Nutrition to Support Cycle Regulation:

- Avoid cow's milk for 2-3 months:** has been shown to make bleeding heavier as dairy may alter hormones and impair ovulation. Cow milk has also been associated with increased period pain due to inflammation it may cause for some people
- Eat foods with phytoestrogens:** found in nuts, legumes, flaxseeds and soy milk – they help to reduce exposure to oestrogens by blocking oestrogen receptors and promoting oestrogen metabolism.
- Focus on eating adequate fruit and veggie intake:** to maintain healthy gut flora which helps to support oestrogen metabolism and elimination.

Lifestyle:

- Print 6 copies and fill out your **Menstrual Cycle Chart** for the next 6 menstrual cycles.
 - When you come off the pill, start the chart on the first day of your bleed (which is the first day your cycle begins)
 - Tick the boxes to record any physical or behavioural symptoms.
 - Tick the boxes to record menstruating days and if you experience any spotting, pain, cramping or clots.
 - The normal clot size is around a 10-cent piece. Only record if they are larger.
 - You may experience the passing of larger size clots for the first 3 – 4 months and this is normal
 - Record your basal body temperature each day from the first day of your first cycle. This will help us to check if you are ovulating normally after coming off the pill.