



## Holistic Treatment Plan – Chantelle Werrett

Initial consultation 25/11/21 Practitioner: Melissa White

### CURRENT HEALTH PRIORITIES

1. Sleep
2. Hormone modulation & menstrual headaches

### AIMS

- Improve 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.
- 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
- Make sure you have a vitamin C rich food with any iron-rich foods to increase the uptake of plant-based iron.
- Continue with the nettle tea per day as this is mineral rich and supports iron levels.
- Consider having mushrooms and green tea regularly in your diet as they also slow conversion of testosterone to oestrogen.
- Continue to include a good source of protein with every meal.
- Continue having your bitter drink to stimulate digestion.





Treatment	Breakfast	Lunch	Dinner	Other
<b>PRESCRIBED</b>				
Liquid herbal Tonic To support adrenals and nervous system	5ml			5ml – 1/2hr to an hour before bed. Same time as Magnesium
P2 detox	1 teaspoon		1 teaspoon	
NAC	1 scoop		1 scoop	Have a break on the weekends. Must be taken with food *
Muscleze night				1 scoop 1hr after dinner
Cal-D-glucarate	½ teaspoon		½ teaspoon	
<b>CONTINUE WITH YOUR CURRENT SUPPLEMENTS</b>				
Vit D	2000IU			
Omega 3	1 capsule		1 capsule	
Super B Daily Stress	1 daily			As directed
Iron				As directed

\*If you start noticing digestive discomfort with the NAC, discontinue use and get in touch with me.

Stop gut powders for the time being.

