



Wellness Plan – Indi Quin – 5th June 2022

Goals:

- **Regulate hormones after coming off the pill to promote ovulation and return of regular menstrual cycles**
- **Improve fatigue and support memory**
- **Investigate potential copper toxicity & treat accordingly**

Ceasing the pill after taking for such a long time can cause a surge of hormones, including androgens which can lead to irregular cycles and anovulatory cycles. This means we are not ovulating, and the follicles which turn into our eggs, are not being released at ovulation, and are building up in your ovaries, reflecting the multiple 'cysts' seen on your ultrasound. By regulating your hormones and promoting ovulation, we can reduce these follicles and restore a regular menstrual cycle.

It is important to follow up your comment about possible copper toxicity. Copper toxicity can contribute to irregular cycles by increasing estrogen in the body, and can contribute to feelings of fatigue and anxiety, and can also drive iron deficiency which you have a history of. One of the best ways to test this is via a Hair Tissue Mineral Analysis. Cost is around \$190 – it tests a wide range of heavy metals and minerals so will give us a good overall picture of what we are dealing with. It is also important to consider this prior to looking at starting a family as copper toxicity can be passed onto your children during development.

Dietary Advice:

- Please ensure you are eating enough every day to help stabilise your energy levels, but also to ensure you have enough calorie intake to promote healthy, regular cycles. Aim for 3 meals per day. Ensure to include protein with every meal and particularly breakfast as this will help

stabilise energy and blood sugar levels throughout the day. This could be as easy as protein powder in a shake if you are not feeling overly hungry on waking. Eating enough carbs is also important for healthy cycles (think good quality grains, fruits and starchy vegetables).

You should be aiming for the following:

- 1 gram of protein for every kilo of ideal body weight (protein sources include animal products like meat, dairy and eggs, as well as vegetarian sources like beans, legumes, rice, quinoa, buckwheat, nuts and seeds)
- 100-150 grams per day (looks like a serving a porridge, 2 potatoes, small serving of rice, & 3 pieces of fruit per day)
- Ensure to also include good fats including avocado, salmon, nuts, seeds

Recommendations:

- Basal temperature charting – please see included handout for more information. This is to help us figure out if and when you are ovulating. There will be a slight increase in temperature when you ovulate and this will remain for 2 weeks until you are due for your period. You need to take your temperature with a digital thermometer (with at least 1 decimal point) every morning as soon as you wake up and before you get out of bed or drink anything. Basically, the first thing you do on waking, then record on the tracker. Please do this for the next 3 months throughout this treatment period. There is also a page which tracks menstrual symptoms. If you prefer to track it in your app continue to do that.
- Hair Tissue Mineral Analysis (HTMA) – as mentioned above I think this is well worth the investment to check if you have any heavy metal toxicity, in particular copper due to the history of copper piping and your family members having seen this in themselves. Please confirm if you want to go ahead with this and I will arrange the referral for you.

Recommended prescription:

- ***Herbal mix – Paeony, Licorice, Siberian Ginseng, Schisandra & Gotu Kola – a 500ml bottle which will last 5 weeks is \$130.00***
 - Paeony & Licorice work well together to help reduce inflammation and excess androgens which could be driving irregular periods post pill – these will help to regulate hormone levels and promote healthy ovulation
 - Siberian Ginseng is great at supporting energy levels and reversing feelings of fatigue without being over stimulating – it's a great overall tonic for the body
 - Schisandra is a herb that helps with so many things – it protects & ensure our livers are working optimally and therefore excreting excess estrogen levels, its indicated in fatigue and also been used to assist with the memory
 - Gotu Kola is another beautiful tonic herb which works to restore all processes of the body and is particularly indicated after surgery (we will keep this in short term then probably swap it out for something else)
- ***MagTaur Xcell – 400gram tub is \$82.75 (is around 40-45 days worth)***
 - This is a great supplement which contains a whole heaps of vitamin and minerals targeted at supporting energy production including magnesium, B vitamins and zinc.
 - *Zinc* – this is indicated in PCOS to help reduce androgens and regulate hormones, as well as being essential for a huge number of healthy body processes and is a common deficiency. Its needed for skin health, gut health and your immune system and is often low when there are high levels of copper
- ***Postage not included in above costs***