

## **Wellness Plan – Indi Quin – 9<sup>th</sup> September 2022**

### **Goals:**

- **Continue to regulate hormones to stop irregular bleeding and to promote ovulation**
- **Improve fatigue and support memory through the treatment of mineral deficiencies**
- **Treat copper excess**

### **Dietary Advice:**

- Continue to ensure you are eating enough – at least 3 meals a day and including protein in every meal.
- Continue to remove dairy for now – dairy has a high inflammatory effect on our bodies and can wreak havoc with our hormone health – you should still be able to have small amounts of goats and sheep dairy
- Please ensure you are avoiding copper rich foods such as chocolate, nuts and shellfish
- Please ensure you are having showers as soon as you get out of pool to rinse of chlorine as this has been connected with increased copper levels
- Insulin resistance can be a driver of PCOs and can hinder ovulation – I have prescribed some nutrients which will help your cells respond better to insulin but the number one thing you can do to improve insulin resistance is to stop eating sugar – whole fruit is fine but please avoid sweets, chocolate, soft drink, juices, date balls, lollies etc for now – please know that sugar cravings only last about 20 minutes so if you can push through it will soon be gone! The nutrients in the supplements will also

help reduce these sugar cravings as will ensuring you are eating enough and getting enough good fats and protein into every meal

### **Lifestyle Advice:**

- Stress management is super important as it plays a massive role in our hormone health via the hypothalamic-pituitary-ovarian (HPO) axis – when our stress hormones are high, it has a flow on effect to how well our reproductive hormones can be produced, usually increasing oestrogen which reduce progesterone – please try and practice some mindfulness/mediation – this could be as little as 5 minutes a day – try downloading the Insight Timer app and using this as some inspiration
- Please be mindful not to overdo things – you are still healing and rest is important for this process of recovery

### **Recommended prescription:**

Continue taking until run out – MagTaur, Zinc, Iron, SPPC & Cal-D-Glucarate as per the last table I sent you.

When MagTaur runs out order Metagenics Minerals Essential and Orthroplex Gut-R. Once you start taking these products please stop taking iron, zinc and SPPC tablets if you still have any of these left. You can still keep taking the Cal-D Glucarate until it runs out.

**Metagenics Mineral Essentials - take 1.5 teaspoons in 200ml water with food**

**Orthroplex Gut-R – take 1 level scoop in 200ml of water with food**

**\*\***You can mix these together and take at once – or have one at breakfast and the other at lunch or dinner – if mixing together have with breakfast – if separating have Mineral Essentials with breakfast and Gut-R with dinner

Name	Breakfast	Lunch	Dinner	Before Bed
Metagenics Minerals Essentials	1.5 teaspoons in 200ml of water			
Orthroplex Gut-R			1 level scoop in 200ml water (or mix with Mineral Essentials)	
Ultra Flora Restore Probiotics			1 capsule	
Herbs	5ml	5ml	5ml	
Ginger & Gentian drops	5-10 drops 15 minutes before	5-10 drops 15 minutes before	5-10 drops 15 minutes before	

**Herbal Mix – Chaste tree, Shepherds Purse, Withania, Globe Artichoke, Siberian**

**Ginseng & St Johns Wort** – herbs which are tailored at increasing progesterone, modulating oestrogen levels, supporting reduction in uterine bleeding, nervous system support to help with mood and energy, as well as supporting thyroid and adrenal health

**Ginger & Gentian drops** – keep taking 15 minutes before meals to stimulate your digestion and help reduce bloating and increase nutrient absorption

**Probiotics** – keep taking and reorder – these will help ensure your microbiome is getting the good bacteria it needs after antibiotics, COVID and a long time on the pill which can all effect our good bacteria. Having a good microbiome will help our immune system functioning, ensure that we are detoxifying hormones like we should, and will also have a beneficial role in our vaginal microbiome which could be playing a role in the discharge you are experiencing