

## **Wellness Plan – Indi Quin – 11<sup>th</sup> July 2022**

### **Goals:**

- **Continue to regulate hormones after coming off the pill to promote ovulation and return of regular menstrual cycles**
- **Improve fatigue and support memory through the treatment of mineral deficiencies highlighted in Hair Tissue Mineral Analysis (HTMA)**
- **Treat copper excess by increasing zinc and iron levels, and promoting optimal liver functioning**

As previously highlighted, 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.

Your high copper levels will also be contributing to higher levels of estrogen in the body which will be affecting your cycles. High copper levels drive down our zinc and iron levels. Zinc is a vital component to a healthy functioning immune system. When we see reduced zinc levels, we are more susceptible to viral infections. Zinc is also important in ensuring we have enough hydrochloric acid in our stomachs to digest and break down the food we eat. If we are not digesting food properly, we are not absorbing all the nutrients we can from these foods, and we will often feel sluggish and find we are bloating after meals. Iron is also driven down by high levels of copper. We see low levels of iron through symptoms such as fatigue. We have also seen evidence of this throughout your blood tests. By increasing our intake of iron and zinc, and supporting optimal liver functioning, we can start to

reduce these copper levels, which in turn will also reduce estrogen and help return to a regular cycle and ovulation.

The HMTA also highlighted that a number of the minerals involved in our thyroid and adrenal health, our energy producing glands, are on the lower side. By increasing levels of sodium, potassium, and phosphorus, we will see an improvement in your energy levels.

#### **Dietary Advice:**

- Please read through the HMTA results for ideas of food to reduce and increase based on your results – as I mentioned, do not get too caught up in this, but its good to be aware of which foods are higher in copper for example. You do not need to exclude these completely but reducing them over the next 3 months could be beneficial.
- Continue to ensure you are eating enough – at least 3 meals a day and including protein in every meal.

#### **Recommendations:**

- Please continue with your basal temperature charting every day. This will be the best way for us to determine when you start ovulating again. When you start ovulating, those 'cysts' in your ovaries will reduce.

#### **Recommended prescription:**

- ***Herbal mix – Paeony, Chaste Tree, Siberian Ginseng, Schisandra – a 500ml bottle which will last 5 weeks is \$119.00***
  - Paeony & Chaste Tree - these will help to regulate hormone levels and break through bleeding, and promote healthy ovulation and regular cycles
  - 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 and copper, and its indicated in fatigue and also been used to assist with the memory
- ***MagTaur Xcell (this is the one you already have)***
  - Continue with this until it runs out – I don't think we need to reorder this one at this stage
- ***Blackmores S.P.P.C - \$14.89 for 84 tablets (will last 28 days)***
  - This is a supplement which will provide sodium, phosphorous and potassium – all highlighted as in the lower end in your HMTA and all indicated for energy production
- ***Metagenics MetaZinc - \$25.80 for 60 tablets (will last 2 months)***
  - To support immune functioning and aid in helping digestion and reducing bloating by increasing hydrochloric acid production. It will also help in reducing copper levels
- ***Othroplex Iron - \$19.70 for 30 tablets (will last 1 month)***
  - To support history of low iron levels and increase energy levels. It will also aid in reducing copper levels
- ***Ginger & Gentian drops – \$12.00 for 50ml***
  - These are a little bottle of herbs which I mix up to help promote digestion and hydrochloric acid production. You take 5-10 drops in small amount of water 15 minutes before meals to stimulate your digestion