

## **Wellness Plan – Renee Laforest**

20<sup>th</sup> August 2022

### **Goals:**

- **Improve and balance mood throughout menstrual cycle**
- **Regulate menstrual cycle by supporting hormone levels**

Fluctuating mood throughout your cycle can indicate your hormones levels are out of balance. Our hormones naturally increase and decrease throughout our cycle, but if we have too much oestrogen and not enough progesterone, we see a number of the symptoms you are experiencing, including mood changes, cramping and sore breasts.

For example, progesterone is a natural anti-inflammatory, it shelters us from the ups and downs of oestrogen, and it helps to calm our mood by enhancing one of our neurotransmitters called GABA. Symptoms of low progesterone include PMS such as irritability and heavy menstrual bleeding.

We need oestrogen and it has many benefits, but due to our lifestyles, many women suffer from oestrogen excess. This can be seen in symptoms such as premenstrual irritability and low mood which is often seen when oestrogen crashes from high to low throughout your cycle. Endometriosis is often linked to higher oestrogen levels as well.

## Dietary Advice:

- Please start having breakfast – even if its something small. We need to have some food in your stomach before your first morning coffee. Caffeine on an empty stomach can reek havoc on our hormones, as well as contribute to feelings of stress and anxiety, and could also be contributing to your headaches
- Savoury breakfast ideas include:
  - wholegrain toast with avocado and an egg
  - omelette with mushrooms, tomatoes and baby spinach
  - fried rice
  - breakfast bowls with boiled eggs, avocado, spinach, tomatoes and bacon
- 2 coffees and 4-6 teas a day is a lot of caffeine – as mentioned above, caffeine impacts our hormones, moods and can contribute to headaches by dehydrating us – lets start by swapping at least 2 of your caffeine beverages for a caffeine free option – Rooibos and Dandelion Teas are my go to and available at Coles and Woolies:



**Lifestyle Advice:**

- Exercise - not only lifts our mood and makes us feel better, but it is also very beneficial in reducing inflammation, and promoting the healthy metabolism of excess oestrogen. Let's start with aiming too exercise to 2-3 times a week. Even a 20 minute walk on your lunch break will so beneficial.

**Referral:**

- Please consider seeing a dentist about your clenching and treatment for TMJ – this could be a major driving cause of your headaches and is worth investigating this option to help find some relief

**Prescription:**

- **RN Labs Magnesium Glycinate – take 1 tablet with breakfast and 1 tablet at dinner - \$49.30 for 180 capsules or \$25.60 for 60 capsules**

Magnesium has been shown to be very effective in reducing PMS. It aids in the production of hormones including progesterone, supports our nervous system functioning and therefore supports moods, anxiety and our stress response, and it also reduces inflammation. It is also indicated in reducing pain from cramping as well as headaches

- **RN Labs Active B6 – take 1 tablet with breakfast and 1 tablet at dinner - \$37.80 for 60 capsules (will last 1 month – we will reduce dose to 1 tablet a day after a month)**

Vitamin B6 is also effective in reducing PMS. It is essential for progesterone production, it reduces inflammation and assists in the healthy detoxification of excess oestrogen