

Wellness Plan – Kara Hill

22nd July 2022

Goals:

- **Regulate hormones to re-establish a regular menstrual cycle**
- **Begin preconception care (we can explore this in further detail in our next follow up consultation)**

You are currently experiencing irregular cycles and are likely not ovulating. When we do not ovulate, 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. Drivers which can may be contributing to this can include insulin resistance and increased androgens, which in your case are mild. Other drivers can be stress and anxiety which affect our hormones via the hypothalamus-pituitary-ovarian (HPO) axis. Nutrient deficiencies and suboptimal liver functioning could also be contributing. By supporting our nervous system and liver functioning, and ensuring we are correcting nutrient deficiencies, we can regulate your hormones and promote ovulation, which will reduce these follicles and restore a regular menstrual cycle.

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, promote healthy ovulation and regular cycles
- Siberian Ginseng is a great overall tonic for the body – it helps us deal with stress and has been shown to help our cells be more sensitive to insulin

- Schisandra is such a great all rounder herb – it protects & ensure our livers are working optimally and therefore excreting excess hormones and cholesterol, it protects our nervous system and has also been seen to have a positive effect on uterine health

RN Labs Magnesium Glycinate – take 1 tablet with breakfast and 1 tablet at dinner - \$49.30 for 120 capsules

- Magnesium 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 headaches and can aid in reducing any insulin resistance.

InNatal Plus Iron - \$46.95 for 90 capsules – Take 1 capsule with breakfast and dinner

- This is a great supplement to take as part of your preconception journey. As mentioned, ideally you should do 3 months of preconception work prior to trying to get pregnant. This just ensures you have the healthiest eggs ready to go when you start actively trying. This is a multivitamin which has all the cofactors to promote egg health and it also has nutrients which will benefit your hormone regulation, nervous system and any insulin resistance.

This one is for Dan - Naturobest – Preconception Multi for Men - \$53.96 for 60 capsules – Take 2 capsules with breakfast

- Again, this is the male version for your preconception journey. This multivitamin provides all the nutrients required for healthy sperm

Dietary Advice:

- Caffeine first thing in the morning on an empty stomach should be avoided – it can increase our stress response, trigger anxiety and headaches and contributes to dehydration – even if you are not feeling hungry, a piece of wholegrain toast or fruit before or with your coffee will help reduce these side effects

- Please minimise sugar intake as this can contribute to any potential insulin resistance you are experiencing – whole fruit is fine but please avoid soft drink, sweets, biscuits, chocolate, fruit juices, cakes, muffins, dates for the time being

Lifestyle Advice:

- 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 which will also be helpful. Please email through to me before our next appointment.