

Wellness Plan – Indi Quin – 26th August 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.
- Please 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

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/meditation – this could be as little as 5 minutes a day – try downloading the Insight Timer app and using this as some inspiration

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

- Please speak to your GP about their thoughts in regards to seeing a gynaecologist to ensure all avenues have been explored – it is important to mention that there is more blood after sex and after the ultrasounds
- Please get a copy of your latest blood tests you got last week and send these through to me
- As per our discussion, there is some testing that I would recommend so we can get to the bottom of what is driving the irregular bleeding and lack of ovulation – costs are as follows if ordered through me – speak to your GP about getting these done through her first and let me know how you go (please advise your GP name and what practice they work out of and I will do up a quick referral letter with why I think these tests are warranted to give to her)
 - Female Hormone Extensive Panel – salivary test \$171.00
 - Cortisol Profile – salivary test \$92
 - Thyroid Panel Extensive – blood test \$147 plus \$35 blood collection fee (you take referral to any QML pathology)
 - There is also a \$22 postage & handling fee

Recommended prescription:

| Name | Breakfast | Lunch | Dinner | Before Bed |
|------------------------|------------------------------|------------------------------|------------------------------|------------|
| Cal-D-Glucarate | | 1 scoop | | |
| Zinc | 1 tablet | | | |
| SPPC | 1 tablet | 1 tablet | 1 tablet | |
| Iron | | | | 1 tablet |
| MagTaur | 1 scoop | | | |
| 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, Schisandra, Licorice – 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

MagTaur Xcell – please start having this again – 1 scoop in water with breakfast – as mentioned this supplement is full of magnesium and B vitamins which are essential for good periods