



26 July 2024

Belinda Wilcox - Nutrition & Lifestyle Plan

Reason for Visit:

Natural support for heavy periods/pain.
Nutrition needs to reduce recurrence of endometriosis/adenomyosis symptoms following removal of Mirena and support ongoing health as transition through perimenopause.

Points already Discussed

- Given your age, it is highly likely that you are in perimenopause. It's hard to know if your menstrual cycle is changing due to Mirena masking natural hormones.
- Heavy and painful periods with clotting is common in perimenopausal women.
- General advice to reduce heavy periods includes avoiding cow's dairy (which you do) and ensuring iron/ferritin isn't low (which you said was fine on latest pathology results)

Further points to consider

- Endometriosis and adenomyosis are likely driven by oestrogen so commonly worsens during perimenopause as oestrogen levels rollercoaster between highs and lows before finally stabilising at a low level for menopause.
- Thus, improving oestrogen metabolism, promoting gut health/liver health and reducing exposure to endocrine-disrupting chemicals eg plastics, pesticides may support symptoms of heavy bleeding and pain.
- It is advised that heavy bleeding, blood clots and pain should be properly diagnosed by a medical professional.

Action Steps: (linked to goals)

Nutrition/Food Steps	Lifestyle Steps
<ul style="list-style-type: none">• Strictly avoid gluten and cow's dairy (to reduce pain and inflammation)• Try avoiding high-histamine foods eg avocado, banana (histamines can exacerbate endometriosis/adenomyosis . Consider removing chilli which can exacerbate gut tolerance of histamine.• Add in turmeric (can inhibit histamine release and is anti-inflammatory)• Eat foods rich in iodine (fish, seaweed), zinc (red meat, poultry, pumpkin seeds, oysters, seafood), selenium (fish, red meat, chicken)• Eat plenty of green leafy vegetables (support healthy gut microbiome/liver function, rich in magnesium, iron, folic acid, and other nutrients)• Eat flaxseeds (anti-oestrogen effect, helps break down histamine)	<ul style="list-style-type: none">• Are organic foods an option? - to minimise pesticide consumption. If not, ensure all fruit and vegetables washed thoroughly in water with ACV.• Avoid use of plastic bottles, containers, handling of receipts and other plastics as much as possible• Skin care routines, make up, self-care items - we didn't discuss but look out for natural, organic products to reduce exposure to endocrine-disrupting chemicals
Supplement Recommendations (Prescription attached)	Further Recommendations
<ul style="list-style-type: none">• Zinc (lowers inflammation, reduces pain)• Low histamine Probiotic (to support healthy gut microbiome, without raising histamine)	<ul style="list-style-type: none">• Send a copy of latest pathology to Julie• Precision Health - this provides personalised and precise recommendations, based on your genetics and epigenetics. It covers 6 key areas: Food, Fitness, Social, Genius, Mind & Place (Environment). NB These recommendations may contradict some/all of my suggestions above - if so, we will discuss best choice further.

JULIE LANDON NUTRITION

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PRESCRIPTION

Client Name: **Belinda Wilcox**

DOB: 07/03/78

Supplement	Breakfast	Lunch	Dinner	Before Bed	Before/With/After Food
BioMedica BicoZn	1 capsule		1 capsule		With
Activated Probiotics Biome Daily Probiotic	1 capsule				With or without

Script valid for 3 months. Do not exceed recommended dosage. Take supplement strictly as directed. Please inform Julie Landon if there are any changes to your health or changes to medication/treatments from another health practitioner. If you have any issues or questions, please consult with Julie Landon.

Additional Information

These recommendations are based upon the information provided 22/7/24. If you begin any new medications or supplements (including those from a naturopath), please inform Julie before taking any of these. Please also inform Julie should you fall pregnant.