



Karina Jones Treatment Plan

This treatment plan is for the next 4-6 weeks. Aim for a follow up appointment after your pathology tests are complete.

Treatment Goals:

1. **Rebalance hormones to support weight loss and reduce headache/migraines.**
2. **Reduce the production of cortisol by reducing stress and anxiety levels to support weight loss.**

Diet

- **Continue to be mindful of the interactions between your medication and calcium foods.** Examples on first treatment plan.
- **Remove dairy** for 4-6 weeks- Dairy products are all cow milk derived products. Goats cheese is fine during this period. Coconut milk and nut milk are fine as well. See handout for more support.
- **Consume warm water with lemon juice/ apple cider vinegar and honey, first thing in the morning-** This will help increase metabolism in the mornings, allowing you to consume food with your coffee.

Lifestyle

- **Consume coffee after/with food-** Food slows down the absorption of coffee (doesn't affect the energy effect) and provides longer lasting stabilised energy release. Without food we have a major spike in cortisol. We are wanting to make the body feel safe by reducing the artificial spike in stress response, Cortisol. Cortisol (stress) sends a signal to the body that we are unsafe, therefore the body will store more fat as a protection mechanism (predominantly around vital organs).
- **Track menstrual cycle symptoms-** If not using an app already I would suggest using CLUE or FLO, they make tracking very easy. Use their prompts (as many as possible) to track your cycle over the next 3 months. One extra aspect I want you to include is **Temperature tracking** to see if you are ovulating/producing progesterone. Temperature tracking can also help indicate the function of your thyroid.
- **Book GP Appointment-**
 - o Discuss the process for a new IUD.
 - o **Pathology testing-** Discuss all your current symptoms and concerns with your GP, and see what they suggests. I have listed tests I'd like to be done to provide us with as much information as possible.
 - Hormones panel- DHEAS, estrogen, progesterone, testosterone (current/past symptoms)
 - Coeliac disease (History of iron deficiency, stress/anxiety)
 - Thyroid TSH, T4, T3 (weight gain over time, history of lower TSH)
 - Liver function test (elevated in last test)
 - Iron studies (Low iron history)
 - CRP/ESR inflammatory markers (elevated CRP in last test)
 - Lipid profile (elevated levels)
 - Vitamin D (low levels)

Supplements-

- **Continue current supplements.** Will re-evaluate after pathology test.