



Briony Chapman

Treatment Plan

Practitioner	Kit Tomlinson
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Health Goals

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1. Improve executive dysfunction, concentration and other ADHD symptoms by balancing hormones and improving dopamine response in the brain.
2. Reduce severity of PCOS by modulating androgens and estrogens and improving blood sugar regulation.
3. Support healthy weight and stabilization by reducing cortisol and balancing sex hormones.
4. Increase energy by improving diet, sleep quality, blood sugar regulation and stress hormone regulation.

Dietary Advice

Dietary Advice

Having balanced blood sugar is important for stabilizing cortisol levels. It is likely that your cortisol is too high which is downregulating your melatonin production and thus effecting your sleep cycle. Additionally, it is important to always consume coffee (on the days you have it) after 9am and after a protein rich breakfast - this will prevent cortisol spiking to high.

It is also common that blood sugar drops while you sleep, causing cortisol to spike and waking the body. An easy way to prevent this is to have a low sugar, high protein bedtime snack (eg. protein bar or an egg sandwich).

It is ideal to eat 1 gram of protein for every pound of ideal body weight. For example if your goal weight is 145 pounds then 145 grams of protein is needed. This helps to keep the basal body metabolism primed, prevents muscle wastage, reduces cortisol production (thereby improving sex hormones) and helps to balance blood sugar (which supports energy levels throughout the day). You should notice that this also reduces your cravings for sweet things.

An example of 145 grams of protein looks like:

Breakfast: Smoothie consisting of – banana, frozen berries, 1 scoop hemp protein, cinnamon (to balance blood sugar), 1 scoop collagen powder, 1 tbsp almond butter and any other additions you may like (medicinal mushrooms, greens, cacao etc). This is roughly 30 grams of protein. Add peanut butter toast on the side to increase protein to 40 grams.

Snack: 2 rice cakes with tuna and avo. 20 grams protein.

Lunch: Assortment of roast veggies with 100 grams of mince beef/ slow cooked beef. Whatever veggies you like served with beef prepared how you like. Can add a fresh salad for additional micronutrients and fiber. This is roughly around 50 grams of protein.

Dinner: 100 gms salmon, 1 cup of white rice and 1 cup of stirfried vegetables. This is roughly 40 grams of protein.

This day of eating equals 150 grams of protein and would be ideal for balancing cortisol, blood sugar, improving sex hormones and providing amino acids to *form neurotransmitters (better mental health and concentration)*. It is also high in micronutrients which will support detoxification, immunity and overall vitality.

Other foods to eat in abundance that will support liver detoxification and balancing hormones are:

- Beetroot (especially beetroot juice)
- Cruciferous vegetables (broccoli, cabbage etc)
- Blueberries (bonus for helping balance blood sugar too)
- Bitter foods

Lifestyle Advice

Lifestyle Advice

Sometimes when the liver is overburdened with detoxifying excess hormones and toxins, the lymphatic system can get overloaded. Exercise is a wonderful way to increase lymphatic circulation and clearance, another very effective treatment is warm foot baths. Placing your feet in warm water boosts lymphatic circulation 100 x ! That is even more than exercise. So now you have a great excuse to enjoy a nice warm foot soak and relax. You can add in magnesium bath salts or bentonite clay for some added detoxification and relaxation support (maybe some lavender oil too!). Doing this for 20-30 minutes before bed should help with improving sleep quality also.

As we discussed, it is also ideal to eat before every workout. fasted workouts can increase cortisol and play havoc on your sex hormones and thereby worsening PCOS.

Words of wisdom

Words of Wisdom

Your proactive approach to life is inspiring.

Prescription

Prescription

Compound:

- NAC = support liver detoxification and reduce testosterone and insulin levels.
- P2 detox = support liver detoxification and remove excess estrogen and androgen from the body. Also reduce inflammation.
- Theanine = to help create a relaxed but alert state, increasing focus/ concentration. Reduces stress hormones in the body. increases, GABA, serotonin and dopamine in the body.
- Magnesium = Maintains and supports energy levels, maintains and supports nervous system function, aids neurotransmitter synthesis. Reduces physical and mental stress.

Liquid herbal:

Herbs for reducing excess androgens, supporting blood sugar balance, increasing focus.

Recommend:

Neural Nectar by Superfeast. This herbal powder contains Mucuna which has naturally occurring L-dopa (dopamine). I would recommend taking this with morning herbs. You

could add the powder to your herbal shot, to get it all down in one go if you like.

I would also recommend fish oil or cod liver oil to further reduce inflammation in the body caused by PCOS.

Referrals / Further Investigations

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