



Briony Chapman

Treatment Plan

Practitioner	Kit Tomlinson
Appointment	21 Jul 2023, 10:00AM
Created	21 Jul 2023, 12:10PM
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Health Goals

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1. Continue to improve executive dysfunction, concentration and other ADHD symptoms by balancing hormones and improving dopamine response in the brain.
2. Continue improving PMS and PCOS symptoms by modulating androgens and estrogens and improving blood sugar regulation.
3. Support healthy weight and stabilization by continuing to reduce cortisol and balance sex hormones.

Dietary Advice

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Keep up the great work with adding in more protein into your diet. This is so beneficial for curbing sweet cravings as well as supporting your metabolism.

Other ways you can continue to support your blood sugar balance is to add vinegar (ACV, balsamic etc.) to your meals where possible. This will slow the metabolism of glucose.

Prebiotic fibers which are found in oats, apples, banana, artichoke, onions, garlic and in supplements by themselves (PHGG, pectin etc.), are useful in not only supporting gut health but also in binding up glucose in the blood stream.

Vitamin c will support the immune system, but it is also helpful in lowering androgens.

Other than consuming vitamin c rich fruits and veggies you can top up with some

supplements too.

Green tea, spearmint tea and cinnamon tea are all beneficial for PCOS symptoms, so if you like any of these, drink up! Otherwise, you can sprinkle cinnamon on everything!

Lastly, 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

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I'm so glad you are feeling stronger in your pole fitness classes and have such a solid gym routine. Your dedication to having a morning routine and working with your ADHD is very inspiring - nothing to improve here, only to say keep up the amazing work!

Words of wisdom

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Prescription

Prescription

As we discussed, swap to the new herbal formula until it has finished (2 weeks) and then finish off the rest of the other one.

The new compound has calcium-d-glucuronate added, which is helpful for ridding the body of excess estrogens. This should help your PMS symptoms.

It will be good to dive deeper into managing the blood sugar/ insulin resistance/cravings side of things in the next consult. For now, you seem to be responding really well to these mixture of supplements for managing hormones and ADHD symptoms.

Referrals / Further Investigations

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Just a reminder for when you get your pathology from your doctor to forward to me :)