

Treatment Plan for Cynthia Srdarov

Date : 23.05.24

Patient Health Priorities : Improve mood, improve energy, improve hormones

Timeline :

Short term

- Improve mood and energy through dietary strategies

Long Term

- Improve hormones



Nutrition Overview for Cynthia Srdarov

Date : 23.05.24



Include the following foods...		Target
Fibre	Soluble fibre – fruit and vegetables, barley, seed husks, flaxseed, psyllium, oat bran, legumes (lentils, peas, dried beans, soy) Insoluble fibre – wheat bran, corn, rive, skins and fruit and vegetables, dried teas, nuts, seeds, wholegrain foods Resistant starch – unripe banana, lentils, unprocessed cereals and grains, cooked and cooled potato and rice	22g/day
Water		2L/day
Protein	Optimal sources – poultry (chicken, turkey, duck), seafood, eggs Plant sources – quinoa, chickpeas, lentils, nuts, seeds, peas, beans, tempeh, hemp seeds, hemp protein powder Limit – dairy, red meat, processed meats (bacon, sausages, deli meats)	Include a source of protein with each meal

Eliminate or limit the following foods...	
Saturated Fat	Limit – Fried foods, dairy products, coconut oil, butter, takeaway foods, bakery goods, commercial biscuits and crackers
Sugar	Limit – Soft drink, juice, lollies, ice cream, honey, some breakfast cereals
Dairy	Milk, cheese, yoghurt, cream, ice cream etc <i>Substitute with coconut yoghurt, sorbet, sheep and goat cheeses. Avoid soy milk. A2 milk can be used when necessary. A frozen banana blended in a thermomix or food processor is a great ice cream substitute.</i>

Track your intake using the Easy Diet Diary app (free download)

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Recommendations:

- **Dandelion Tea** : this can help to support liver detoxification pathways and heart health. A blend of roasted dandelion root and chicory has a coffee taste. These are available in the supermarket and from health food stores.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9002813/> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8063808/>

Testing Recommendations

- **Please forward any previous blood tests for assessment**
- **The following may be useful** - Full blood count, iron studies, liver function testing, lipid studies, homocysteine

Referrals

Please make an appointment with your GP to assess your menstrual pain and bleeding symptoms, and rule out endometriosis or STIs. Please follow up with your cardiology/echocardiogram reports.

Detailed goals and rationale for Cynthia Srdarov

Date : 23.05.24



HEALTH GOAL	RATIONALE & INFO	DOSE
Optimise hormone metabolism and gut microbiome by increasing dietary fibre to 22g per day	<ul style="list-style-type: none">• Balance gut microbiome to support immunity, support neurotransmitter production and reduce inflammation• Improve bowel function and hormone metabolism – excess hormones are bound to fibre and excreted during bowel movements• Insoluble fibre bulks faeces, improves constipation and speeds up digestion <p>Research – https://www.mdpi.com/2072-6643/12/3/859/htm</p> <p>Optimise dietary fibre</p> <ul style="list-style-type: none">• Soluble fibre – fruit and vegetables, barley, seed husks, flaxseed, psyllium, oat bran, legumes (lentils, peas, dried beans, soy)• Insoluble fibre – wheat bran, corn, rive, skins and fruit and vegetables, dried teas, nuts, seeds, wholegrain foods• Resistant starch – unripe banana, lentils, unprocessed cereals and grains, cooked and cooled potato and rice <p>https://www.eatforhealth.gov.au/nutrient-reference-values/nutrients/dietary-fibre</p>	<p>Aim for 22g per day from a variety of sources of fruit, vegetables legumes, seeds and wholegrain.</p> <p><i>Increase fibre intake gradually to avoid gastrointestinal side effects.</i></p> <p><i>Track your intake using the Easy Diet Diary app (free download).</i></p>

Maintain water intake at least 2L per day	<p>Improve bowel function by increasing water intake to normalise stool consistency and transit times (which will improve cholesterol and hormone elimination)</p> <p>This is particularly important when increasing fibre in the diet. Fibre increases without adequate water intake may lead to constipation</p>	2L per day
Decrease inflammation and improve cardiovascular health by decreasing dietary saturated fats	<p>Excess saturated fats stimulate NF-κB signalling to increase inflammatory cytokines Saturated fats negatively alter microbiome by decreasing diversity, gram-negative species and short chain fatty acid production, while increasing pathogenic species</p> <p>Saturated fats are found in fried foods, dairy products, coconut oil, butter, takeaway foods, bakery goods, commercial biscuits and crackers</p> <p>Research: https://doi.org/10.1093/advances/nmz125</p>	
Reduce inflammation and hormone precursors by reducing sugar intake	<p>Reduce sugar – the high-dose fructose you get from desserts, honey, fruit juice, and dried fruit. There is no need to reduce fruit, as the fructose in fruit is lower dose and whole fruit contains fibre to slow the spike in blood sugar from fruit.</p>	