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TREATMENT PLAN FOR :

Prativa Pandey

Date: 26/8/24

Health Goals

1. Successful pregnancy (Long Term Ultimate Goal!)
2. Continue to reduce endometriosis/adenomyosis and have regular, comfortable menstrual cycles.
3. Continue to focus on reducing any inflammation (NAC, diet)
4. Balance hormones (increase progesterone- Vitex, NAC)
5. Reduce any scarring/adhesions that could obstruct egg release or movement through fallopian tubes (proteolytic enzymes)
6. Support your Moon (astrology for fertility)

I'm really pleased to see that you've seen significant improvements in your endometriosis symptoms over the last 1-2 months. This is a positive sign and shows that your body is responding well to the treatments and changes we've implemented. However, it's important to understand that we're still in the **early** stages of managing your endometriosis and adenomyosis.

Here's why:

- Healing takes time: ***These conditions develop over years***, and it takes time for the body to heal and rebalance itself.
- Egg and sperm development cycle: Remember that **it takes about 3-4 months for eggs to mature and for new sperm to be produced**. The improvements we're seeing now are just starting to affect the eggs and sperm that would be involved in conception if it were to occur in 4 months.

	<ul style="list-style-type: none"> • Creating an optimal environment: We're working on creating the best possible environment in your reproductive system for conception and a healthy pregnancy. This process takes a little while. • Reducing inflammation: Endometriosis and adenomyosis cause inflammation, which can interfere with fertility. It takes time for this inflammation to fully subside. • Hormonal balance: These conditions can disrupt your hormonal balance, which is crucial for fertility. It may take several months for your hormones to stabilize. <p>Given that you and your husband have been trying to conceive for three years, it's understandable that you're eager to move forward. However, rushing into trying to conceive before your body is fully ready could potentially lead to disappointment or complications.</p> <p>By allowing more time for healing and improvement, we're increasing your chances of:</p> <ol style="list-style-type: none"> 1. A successful conception 2. A healthier pregnancy 3. Potentially reducing the risk of the endometriosis affecting the pregnancy <p>I suggest we continue with your current treatment plan for at least another 3 months. This will give your body more time to heal and create an optimal environment for conception. During this time, we can focus on further improving your overall health and preparing your body for pregnancy.</p> <p>Remember, every small improvement is a step in the right direction. Your patience now could pay off significantly in terms of your fertility and overall health in the long run! I would allow up to 1 more year before looking into IVF or other options for pregnancy/having children.</p>
Diet	<ul style="list-style-type: none"> - Continue your current diet- it appears to work well for you! - Continue gluten free - Ensure meals are warm, moist when possible.
Lifestyle	<ul style="list-style-type: none"> - Take baths often, to relax, to manifest, and support your Moon.
Barriers	<p>Current obstacles to successful pregnancy include:</p> <ol style="list-style-type: none"> 1. Endometriosis scarring – can cause challenges with egg release from ovary, scarring can cause blockages in fallopian tube. Any scarring may obstruct the egg. 2. Any inflammation (endometriosis) will decrease infertility by affecting :

Endometrial dysfunction:

- Inflammation impairs decidualization, the process where the endometrium prepares for potential implantation
- It reduces progesterone levels, crucial for maintaining the endometrium for implantation and pregnancy
- Overall endometrial function is disrupted

Hormonal dysregulation:

- Inflammation increases aromatase activity
- This leads to oestrogen dominance (too much oestrogen)
- The resulting hormonal imbalance makes worse the inflammatory environment

Oocyte(Egg) and fertilization impairment:

- Inflammatory cells release prostaglandins and cytokines
- These inflammatory mediators interfere with:
 - Egg maturation
 - Fertilization processes

Sperm function compromise:

- Inflammation affects the female reproductive tract and sperm function
- Sperm motility is impaired in the uterus and fallopian tubes
- Sperm-oocyte binding is compromised

Oxidative stress:

- Inflammation generates reactive oxygen species (ROS)
- ROS cause oxidative damage to:
 - Endometrial tissue
 - Oocytes
 - Sperm
- This oxidative stress has detrimental effects at the molecular level.

So we must continue to reduce inflammation in your body (this is where the Pure Natal vitamins help, the NAC and your wonderful diet)

Endometriosis Adhesions: Understanding and Treatment

What are they?

- Bands of fibrous scar tissue between organs and tissues
- Caused by inflammation from endometrial tissue outside the uterus

How they feel:

- Pulling or tugging sensation in the pelvis
- Feeling of tightness, as if something might snap
- Can cause pain and discomfort

Effects of adhesions:

- Restrict organ and tissue movement
- May trap nerves, causing pain
- Create abnormal stress on tissues

	<ul style="list-style-type: none"> • Contribute to chronic inflammation <p>Symptoms they can cause:</p> <ul style="list-style-type: none"> • Chronic pelvic pain • Pain during intercourse • Painful periods • Fertility issues • Digestive problems • Pain during bowel movements or urination <p>Treatment of Adhesions</p> <p>Proteolytic enzymes. Enzymes that digest dead scar tissue.</p>
<p>Referral/Investigations</p>	<p>- It is worth considering more testing.</p> <p>Hormone Testing</p> <p>It would be good to have more recent and detailed hormone testing done since your symptoms have changed a lot since your last hormone tests.</p> <p>I would want to test: Follicle stimulating hormone, lutenising hormone, oestradiol, prolactin, DHEA-S, testosterone, free androgen index, SHBG, antimullerian hormone. This provides a more in depth hormone check than the last which could offer more insight to your ovary function, overall hormone balance.</p> <p>*If you are willing to do this, please email me and I will write you a referral letter you can bring to your G.P. and request that they do these tests which should be mostly free.</p> <p>- Vaginal microbiome mapping.</p> <ul style="list-style-type: none"> • The vaginal microbiome is crucial for reproductive health and fertility: <ul style="list-style-type: none"> - It affects your ability to conceive - Influences pregnancy outcomes - Impacts the health of your future baby • Ideal vaginal environment: <ul style="list-style-type: none"> - Dominated by beneficial Lactobacillus bacteria - Particularly Lactobacillus crispatus is important • Studies show women with fertility issues often have: <ul style="list-style-type: none"> - Lower levels of Lactobacilli - Higher levels of bacteria associated with bacterial vaginosis (BV) • Microbiome mapping can reveal: <ul style="list-style-type: none"> - The types and proportions of bacteria present - Whether you have a Lactobacillus-dominated microbiome

- Presence of potentially harmful bacteria like *Gardnerella vaginalis* or *Atopobium vaginae*

- Why a healthy microbiome matters:

- Women with <60% *L. crispatus* in their vaginal microbiome had higher pregnancy rates in one study
- A *Lactobacillus*-dominated environment is linked to higher implantation, pregnancy, and live birth rates in assisted reproductive technologies (ART)
- The endometrial (uterine lining) microbiome also impacts fertility, with *Lactobacillus* dominance associated with higher implantation rates

- Potential issues with an imbalanced microbiome:

- May contribute to infertility
- Associated with recurrent miscarriage
- Can impair success rates of fertility treatments

- Benefits of microbiome mapping before conception:

- Allows for personalized treatment to optimize vaginal health
- Can guide interventions to restore a healthy balance
- May improve natural conception rates and success of fertility treatments

- Potential treatments based on mapping results:

- Targeted probiotics to increase beneficial bacteria
- Antibiotics if specific harmful bacteria are detected
- Boric acid treatments to maintain proper pH

- Timing for microbiome assessment:

- Ideally done as part of preconception care
- At least 3-4 months before trying to conceive
- This allows time for interventions to take effect, as egg development takes about 90-100 days

- Additional benefits:

- A healthy microbiome may help select for healthier sperm
- Can reduce the risk of infections during pregnancy
- May contribute to better overall reproductive health

- Emerging research suggests:

- Screening vaginal microbiome before fertility treatments could improve success rates
- Personalized approaches based on individual microbiome profiles may become standard practice

If you are interested in Vaginal Microbiome Mapping (\$159 + shipping) I can organise this for you (a test kit is sent to you and you do the swabs from home). Alternately we can wait and discuss this option at the next appointment.

	<p>- If in 12 months there is still no success, we might consider heavy metals testing. Heavy metal testing is often performed if couples struggle to conceive after many months. If there is the presence of certain heavy metals this can cause damage and stress to the body and the eggs.</p>
Prescription	<ul style="list-style-type: none"> - Proteolytic Enzymes (New) If scarring and adhesions from endometriosis are creating an obstacle for your eggs to release and implant safely, there is the option to take proteolytic enzymes. They digest “dead” tissue such as scarring making it easier for the egg to move from the ovary, through the fallopian tube and to the uterus. I will add this to your Osborne account. It is your choice if you are willing to try this. <i>You may also wish to wait a few months and see how things continue before trying this and that is ok too.</i> - Nac. 2 tablets daily. Continue to reduce endometrial growths, support liver function. - Vitex. If this agrees with you. It is a reproductive herb that support fertility by ensuring you ovulate and have enough progesterone to maintain your endometrial lining for an egg to implant. Take every day- except on the ays you bleed, then stop taking them until your period is over. - Pure Natal Vitamins – continue to take daily if possible. Otherwise every 2nd day. - Sit in the bath and visualise pregnancy, a baby. It’s a potent to manifest reality. Do this a 3 times a week. - Write a letter to the spirit of the child you wish to bring in to this world. Introduce yourselves, share your love with it, welcome the spirit into your womb. - In medical astrology we wish to support your Moon. Your Moon is in the sign of Capricorn- where it may feel dry and cold. -We wish to nourish your Moon, bring it some warmth and moisture. -This requires being extra attentive to your emotions, freely expressing them. -Nourish the moon by eating Moon foods such as cucumber, tofu, mushroom, lentils, potato, pumpkin, warm dairy and milk (if agreeable to your digestion- for example warm milk in chai, cooked paneer). All foods should be warm and well cooked. - Staying very hydrated -Spending time in warm water (have a relaxing bath often).

	<p>Also supporting Saturn- the ruler of Capricorn will also support your Moon/fertility.</p> <p>Do this by ensuring you are receiving enough minerals (your vitamin supplement has many minerals) as Saturn and Capricorn require proper mineral intake to function properly- especially for you specifically.</p>
Recipes:	-

Other

Some information about certain nutrients (in your multi vitamin and diet) and how they help fertility.

Micronutrient	Description	Effect on female	Recommended dose	Sources
Folic acid	<ul style="list-style-type: none">Known as vitamin B9Essential compound involved in key biochemical processes	<ul style="list-style-type: none">Improves chances of pregnancyReduces risk of ovulatory infertility	400 µg/day	Vegetables, fruits, nuts, seafood, eggs, dairy, meat
Calcium	<ul style="list-style-type: none">Plays a role in reproductive healthFacilitates fertilization	<ul style="list-style-type: none">Creates alkaline environment in vaginaFollicular productionOocyte activation and maturation	1 g/day	Dairy products, cabbage, kale, broccoli, almonds, tofu, sardines with bones
Iron	<ul style="list-style-type: none">Maintenance of healthy red blood cellsOxygen transport in the bloodImmune functionFree radical homeostasis	Helps the fertilized ovum implantation process	30–60 mg/day	Beans, vegetables, cereals, breads
Vitamin B12	<ul style="list-style-type: none">Known as cobalaminCofactor in DNA and fatty acid synthesisAmino acid metabolism	<ul style="list-style-type: none">Prevents spontaneous abortionNecessary for the development and functionality of the placenta	50 µg/day	Fish, meat, poultry, eggs, milk
Selenium	<ul style="list-style-type: none">SelenoproteinPlays a potential role in both female and male fertility	<ul style="list-style-type: none">Placenta developmentAdequate development of the fetus' nervous system	60 µg/day	Nuts, seafood, fish, shrimp, muscle meats, cereals, dairy products
Zinc	<ul style="list-style-type: none">Plays a key role in fertility for both female and maleHas a greater importance for men	<ul style="list-style-type: none">Involved in capacitation and fertilization in the female reproductive tract	20 mg/day	Oysters, eggs, red meat, poultry, seafood, beans, nuts, grains, dairy
Vitamin E	<ul style="list-style-type: none">A vital antioxidant in the cell membraneSupports reproductive functions	<ul style="list-style-type: none">Participates in fertilized egg cell implantation and placenta development	22–30 mg/day	Nuts, seeds, vegetable oils, green leafy vegetables, fortified cereals

Fertility Dates using Western Astrological Timing:

Each month 1-3 days before the moon is full, is when you have window of fertility based on your astrology. I will send you 2025 dates early next year.

Fertility days in 2024 Perth  (AU), Time		Moon Sign	Expected Gender	Disharmonic aspects (may be problematic)
Tue	Jan 23, 2024, 16:19	 Cancer	 Girl	3x - display
Thu	Feb 22, 2024, 08:43	 Leo	 Boy	2x - display
Sat	Mar 23, 2024, 02:30	 Virgo	 Girl	2x - display
Sun	Apr 21, 2024, 20:27	 Libra	 Boy	2x - display
Tue	May 21, 2024, 13:10	 Scorpio	 Girl	3x - display
Thu	Jun 20, 2024, 03:43	 Sagittarius	 Boy	1x - display
Fri	Jul 19, 2024, 15:58	 Sagittarius	 Boy	2x - display
Sun	Aug 18, 2024, 02:27	 Capricorn	 Girl	1x - display
Mon	Sep 16, 2024, 11:58	 Aquarius	 Boy	4x - display
Tue	Oct 15, 2024, 21:12	 Pisces	 Girl	2x - display
Thu	Nov 14, 2024, 06:34	 Aries	 Boy	3x - display
Fri	Dec 13, 2024, 16:21	 Taurus	 Girl	3x - display

1) Intercourse is recommended 12-24 hours before the predicted time of conception.

2) The probability of conception will be higher, if the predicted time coincides with ovulation. (However, the Jonas method is not dependent on ovulation. There are known cases, when thanks to Jonas method, the conception was possible even during menstrual cycle).

♂ - If the Moon resides in male (odd) Sign during conception, there is a higher probability for birth of a boy.

♀ - If the Moon resides in female (even) Sign during conception, there is a higher probability for birth of a girl.

GIRI-	<ul style="list-style-type: none"> -Have you had a semen analysis done? If so results? - Ensure you are not putting your phone in your pant pockets. - Ensure you do not sit next to a computer tower at work (the radiation can go through to the testes and impair sperm) - Focus on proper diet, stress management, exercise.

NOTE: Lifestyle and dietary recommendations have been provided to support your health goals. If you experience any adverse reactions or discomfort, discontinue the recommendations immediately. We will discuss modifying them during your next appointment. If you have any serious concerns, please contact me for guidance.

Herbal medicines have been prescribed as part of your treatment plan. Like any medication, discontinue their use if you experience rashes, diarrhea, digestive issues, allergic symptoms, or any other adverse reactions that you suspect may be related to the herbs. Please notify me immediately if you experience any such reactions.

Nutritional supplements have been prescribed to address your health condition. If you experience any signs or symptoms that you believe may be associated with these supplements, discontinue them immediately and contact me. Your health and safety are of utmost importance.