

# Treatment Plan

November 2024

Yakira Azevedo

ROSA

nutritionist and naturopath

## ***Treatment Goals:***

1. Continue to support endometriosis symptoms, avoiding growth of endometriomas
2. Increase intake of Omega-3 fatty acids
3. Support health and wellbeing for pre-conception
4. Decrease symptoms of candida overgrowth

## ***Dietary recommendations***

- Increase intake of seafood to at least 3x per week if possible.
  - If you don't feel like eating seafood, continue with omega-3 supplementation daily.
  - Omega-3 fatty acids are crucial in managing endometriosis as they possess anti-inflammatory properties that help reduce the production of inflammatory molecules, which can decrease the pain and discomfort associated with endometrial lesions. Additionally, omega-3s may help regulate immune responses, support hormone balance, and promote tissue repair.
  - Stop using brewers yeast on your daily smoothies and observe if you have any changes on vaginal discharge.
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## ***Lifestyle recommendations***

- Use chamomile, calendula and echinacea in a bath to decrease candida overgrowth symptoms.
  - If symptoms persist, please get in touch!
- Request another blood work from your GP in Feb 2025

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## **Supplementation:**

1. Continue with NAC, vitex, magnesium and omega-3.
2. Activated Probiotics Biome Daily: To increase bowel regularity and repopulate gut microbiome. Take 1 capsule daily.

## **Further testing recommendations:**

Female hormone panel: Oestradiol, Progesterone, LH, FSH, LH to FSH ratio, Testosterone, Free Androgen Index, SHBG

Cortisol

TSH, FT4, FT3

Fasting glucose

HbA1c

Total Cholesterol

LDL

HDL

Triglycerides

Iron Studies: Iron, Transferrin, Transferrin Saturation, Ferritin

Active Vitamin B12

Folate

Vitamin D

Calcium

Full blood count: Haemoglobin, Haematocrit, MCV, MCH, MCHC, RDW, White Blood Cell Count, Eosinophils, Monocytes, Lymphocytes, Neutrophils, Basophils, Platelet Count

Liver function (LFTs)

Kidney function

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