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TREATMENT PLAN FOR : Taylor Slater Date: 31/1/25

Health Goals	<ol style="list-style-type: none">1. Commence magnesium supplementation. This will help: Supports insulin sensitivity Helps regulate cortisol and stress response Aids sleep quality Supports thyroid function2. Continue to maintain dietary improvements and introduce a few more improvements over the next 4 weeks (see diet).3. Have thyroid tested4. Regulation of nervous system to reduce cortisol levels.
Diet	<ul style="list-style-type: none">- Complete diet diary (Homework)- Reduce fruit intake (max 1/3 of a banana). Instead opt for fruits such as avocado, berries of any kind, pears, apples. Or omit them all together. You're doing so well with your breakfast 😊- Homework: Once per week make yourself a frittata. Slice it up and take a piece each day to enjoy either as lunch or a snack. It's a high protein, low carb option that can work well with the addition of cheeses and vegetables to make it balanced. It'll balance blood sugars, provide nutrients, stabilise the mood. Can add yummy things like fetta, cheddar, bacon, pancetta, broccoli, asparagus, cherry tomato, pumpkin, sweet potato, spinach. Simple recipe: https://www.taste.com.au/recipes/easy-oven-baked-frittata/cb234a1d-c396-4c44-98b8-1572ca7ccf69

	<ul style="list-style-type: none"> - Also see emailed metabolic harmony meal guide for ideas about meals and foods.
Lifestyle	<ul style="list-style-type: none"> - Sleep hygiene. Good practices to help you achieve better quality sleep at night. Ensure you get 7-9 hours per night sleep. Sleep hygiene practices make it easier to fall asleep, easier to stay asleep, and ensure you receive proper rest throughout the night. (Magnesium and herbal supplements will help with this too) <p>Sleep hygiene practices include the following:</p> <ol style="list-style-type: none"> 1) Minimising/turning off lights 2-3 hours before bed and avoiding/minimising use of technology with screens. 2) Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature. 3) Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom. 4) Avoid large meals, caffeine, and alcohol before bedtime (Abstain from caffeine from 2pm, have your last meal 3 hours before bedtime) 5) Stick to a routine. Eg. Have the same bed time and waking time every day 6) Allowing morning sunlight to enter your eyes within 30 minutes of waking (10 minutes on a sunny day, 20 on a cloudy day)- this helps set up your circadian rhythm. 7) Viewing late afternoon sunlight for 10 minutes (just before sunset) also sends a message to the brain that it is now time to prepare for the night and to make melatonin. <ul style="list-style-type: none"> - Continue meditation practice and try sound healing. Regulating your nervous system through stress management techniques and better sleep will help lower cortisol, reduce insulin resistance, improve thyroid hormone conversion, support healthy progesterone production, decrease inflammation, reduce anxiety and panic attacks, improve temperature regulation, stabilise blood sugar levels, better digestion and nutrient absorption, and potentially by reducing stress-driven food behaviours. <p>Susie Whiteclaw- Sound Healing. https://www.rippleeffecttherapies.com.au/</p> <ul style="list-style-type: none"> - You've made really positive progress with Metformin and Progesterone, and we want to maintain these improvements as you transition off these medications. The good news is that we can work together to support your body's natural balance through some key lifestyle changes. <p>Your body has already shown it can respond well to treatment - you've achieved more regular cycles and better metabolic health. Now we want to build on that success by</p>

	<p>strengthening your body's own regulatory systems. Think of it like training wheels on a bicycle - the medications have helped get you stable, and now we're going to work on building your body's natural balance and strength.</p> <p>One of the most powerful tools we have is nutrition, sleep and nervous system regulation. When you sleep well, your body is better able to regulate hormones, manage blood sugar, and handle stress. That's why we're focusing on creating a solid sleep routine. Even small improvements in sleep quality can have remarkable effects on hormonal health and metabolism.</p> <p>Similarly, the food choices you make directly impact your insulin levels, hormone balance, and energy throughout the day. By focusing on meals that keep your blood sugar stable, we're supporting the same pathways that Metformin has been helping with, but in a natural, sustainable way.</p> <p>The supplements will provide extra support during this transition. They work well alongside these lifestyle changes to help maintain the progress you've made while building new, healthy patterns.</p> <p>Remember, this isn't about replacing your medications overnight - it's about gradually building stronger foundations for your health. We'll monitor how you're feeling closely, and adjust our approach as needed. Many women find that these fundamental changes help them feel better than medications alone, because we're addressing the root causes of your symptoms.</p>
Barriers	<ul style="list-style-type: none"> - I want to explain our approach to timing your treatment plan. While you're currently transitioning off Metformin and progesterone, we're focusing on foundational lifestyle changes and just two key supplements. This is intentional - there are actually several beneficial herbs and natural medicines that can help support your hormonal balance and insulin sensitivity, but we want to be careful not to introduce these while you're still on your medications. This cautious approach helps us avoid any potential interactions and allows us to clearly see how your body responds to each change we make. Once you complete your medication transition and we get your April blood work results, we'll have a clear picture of how your body is managing on its own. At that point, we can evaluate whether adding specific herbal medicines would be beneficial - there are some excellent options for supporting insulin sensitivity, hormonal balance, and stress response naturally. This step-by-step approach ensures we're making safe, informed decisions about your care and can precisely

	target any remaining symptoms you're experiencing.
Referral/Investigations	<ul style="list-style-type: none"> - Thyroid testing. Your recent thyroid test showed a TSH of 3.6, which, while considered "normal" by some labs, suggests your thyroid might not be functioning optimally. This could be contributing significantly to many of your current symptoms - the persistent fatigue, temperature regulation issues, sleep disruption, and even aspects of your weight management challenges. The thyroid acts like your body's master metabolic controller, and when it's not performing at its best, it can affect everything from energy levels to menstrual regularity. Given your symptoms and TSH level, I recommend getting a complete thyroid panel that includes Free T3, Free T4, thyroid antibodies, and Reverse T3. This more comprehensive testing will give us a clearer picture of your thyroid function and help us understand if it's contributing to your insulin resistance and PCOS symptoms, as thyroid and reproductive hormones are closely connected. Many patients notice significant improvements in their energy, temperature regulation, and overall well-being when we optimise their thyroid function.
Prescription	<ul style="list-style-type: none"> - Metagenics MetaRelax -2 level scoops (12.7 g) twice daily in 200 mL water - Designs for Health Trigandha -2 capsules daily with a large glass of water - Withania (Ashwagandha) <ul style="list-style-type: none"> - helps regulate thyroid hormone - reduces cortisol levels - helps adrenal fatigue and overuse, helps one adapt to chronic stress. - reduces irritability, insomnia - improves stamina - Allow 4 weeks for full effects - Magnesium Magnesium is a wonderful nutrient that plays a role in a large amount of chemical reactions in the body – over 300 in fact! It is key for energy production and glucose metabolism, and I very commonly use magnesium for my clients to support a healthy stress response and promote restful sleep. Low serum and body magnesium levels have been found in women with PCOS. Given that poor magnesium stores has been proposed as a contributing mechanism to insulin resistance, and magnesium stores deplete under elevated levels of stress, magnesium is a very important key nutrient for this syndrome!

	Supplementation with magnesium has been shown to improve glucose parameters, insulin sensitivity and serum lipid levels.		
	Magnesium + Glycine (amino acid) =Magnesium glycinate	-highly bioavailable - gentle on stomach - glycine is a stand-alone supplement to improve sleep	- calming, supports sleep - insomnia - reduce anxiety/stress - support healthy BP - manage PMS symptoms - help maintain healthy blood sugar levels - treat inflammatory conditions
Recipes:	-		
Other	Return in approx. 4 weeks to see how things are going, diet, supplements, and thyroid test results!		

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.