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TREATMENT PLAN FOR : Maria Tomeo Date: 17/2/25

Health Goals	<ol style="list-style-type: none">1. Reduce GGT liver enzyme from 98 to below 30 to support liver health, gut health by decreasing carbohydrate/sugar intake.2. Reduce fasting glucose levels to 4 (currently at 5.6, with reference range wanting it to be below 5.5) to help reduce hot flashes and their severity, frequency and intensity.3. Reducing sourdough intake from 3 slices at lunch to one slice.4. Swapping McVities biscuits for home made almond meal biscuits or healthier alternatives from the shop to support reduction in blood glucose levels (See diet section below for more information)5. Long Term: Reducing glucose levels to reduce risk of cardiovascular disease and type 2 diabetes long term.
Diet	<ul style="list-style-type: none">- Continue to focus on eating protein with each meal and protein based snacks.- Natural sweetener alternatives to sugar that are nice for baking: Lakanto Monkfruit Sweetener- Coles https://www.coles.com.au/product/lakanto-classic-monkfruit-sweetener-white-sugar-replacement-300g-4866506?srsId=AfmBOopoEdP-OTRyWBUbsVdP8tmPhxpbXqsjEllqXywIFaAL2PRyFAtp Whole Earth Monkfruit- Coles - https://www.coles.com.au/product/whole-earth-monk-fruit-100percent-natural-sweetener-200g-3771878?srsId=AfmBOopCzwBGcGPWI1dApO-naVomb1FwKQrNBdvsfKyn8dY3SN-QAIsj

	<p>I couldn't find any really decent swaps in the supermarkets for the McVities. The best option I found was the <u>Olina's seeded crackers</u> and then you could add a smear of peanut butter on them or a teeny, weeny smear of jam to make them sweet.</p> <p>https://www.coles.com.au/product/olinas-simply-seed-crackers-original-80g-3815383?uztq=46abcb7e16253b0cdc3e6c5bbe6a3f0&cid=col_cpc_Generic%7CColesSupermarkets%7CPMAX%7CPantry%7CAustralia%7CBroad&s_kwcid=AL!12693!3!!!x!!&qad_source=1&qclid=CjwKCAiAtsa9BhAKEiwAUZAszUql4-izCgQyax-IjYsAvDrQAp4wvE5pOy5hVw4kA2fOZGQn2doohoCVTkQAvD_BwE&qclsrc=aw.ds</p>
Lifestyle	-
Barriers	-
Referral/Investigations	- We might consider retesting insulin and glucose in 3 months.
Prescription	<ul style="list-style-type: none"> - Legalon 1 tablet twice daily (St Mary's Thistle for liver support and recovery) - Femular 1 tablet daily (Black cohosh to reduce hot flashes, severity intensity) - MagTaur 1 scoop daily (support cellular health, reduce hot flashes, decrease insulin) - Inositol 2 scoops twice per day (just pop into your water bottle – improve insulin sensitivity, reduce blood glucose)
Recipes:	<ul style="list-style-type: none"> - RECIPES: <p><u>Low Carb Almond, Cinnamon Butter Cookies.</u> These are a great base almond cookie- you can add different spices, nuts, seeds.</p> <p>INGREDIENTS. 2 cups blanched almond flour</p> <ul style="list-style-type: none"> - ½ cup unsalted butter, softened - ½ cup low-calorie natural sweetener (such as Lakanto Monk Fruit – found at Coles) - 1 large egg - 1 teaspoon vanilla extract

- 1 teaspoon ground cinnamon
- Preheat the oven to 175 degrees C. Line a baking sheet with parchment paper.
- Mix almond flour, butter, sweetener, egg, vanilla, and cinnamon together in a bowl until well combined. Roll dough into twelve 1-inch balls. Place balls onto the prepared baking sheet. Press down twice with a fork onto each ball to make a crisscross.
- Bake in the preheated oven until the edges are golden, 12 to 15 minutes. Cool on the baking sheet briefly before transferring to a wire rack to cool completely.

You can add walnuts or almonds on top if you like for extra crunch.

Taken from <https://www.allrecipes.com/recipe/261182/low-carb-almond-cinnamon-butter-cookies/>

Super Seed Cookies:



INGREDIENTS

- 1 cup unsweetened coconut chips
- 1 cup sliced almonds
- 1 cup pumpkin seeds
- 1 /2 cup sesame seeds
- 1 large egg
- 1/2 cup maple syrup
- 1/4 cup tahini well-stirred
- 3/4 cup dark chocolate chips melted

Instructions

1. Preheat the oven to 175C. Line a baking sheet with parchment paper and grease with nonstick cooking spray.

	<p>2. In a large mixing bowl, combine the coconut chips, pumpkin seeds, almonds and sesame seeds. Set aside.</p> <p>3. In a small bowl, whisk together 1 large egg, maple syrup, and tahini until smooth and combined.</p> <p>4. Pour the egg mixture over the coconut chip mixture and fold to evenly combine all of the ingredients- the mixture will be fairly wet.</p> <p>5. Scoop into 20 cookies on the prepared baking sheet. Press down lightly with your fingers.</p> <p>6. Bake for 12 to 14 minutes until golden brown and set. Remove from the oven and allow to cool completely on the tray.</p> <p>- Drizzle over the melted chocolate and sprinkle with flaky sea salt. Allow the chocolate to set (this may need to be in the fridge). Serve.</p>
Other	<p>Assessment:</p> <ul style="list-style-type: none"> - Early insulin resistance indicated by elevated fasting glucose - Elevated GGT suggesting increased hepatic glucose processing - Partial response to current treatment for menopausal symptoms <p>-Elevated GGT levels are often associated with insulin resistance and metabolic dysfunction</p> <p>-Reducing GGT levels typically reflects improved liver health, which is crucial for:</p> <ul style="list-style-type: none"> • Better glucose storage and regulation • Enhanced insulin sensitivity • More efficient hormone processing <p>Elevated fasting glucose can indeed worsen menopausal vasomotor symptoms through several mechanisms:</p> <ol style="list-style-type: none"> 1. Blood Sugar and the Autonomic Nervous System: <ul style="list-style-type: none"> • Glucose fluctuations can trigger sympathetic nervous system activation • This increases adrenaline and noradrenaline release • These hormones can trigger or intensify hot flashes by affecting blood vessel dilation and body temperature regulation 2. Neurotransmitter Effects: <ul style="list-style-type: none"> • High blood glucose can disrupt serotonin production and function • Serotonin plays a key role in temperature regulation and mood • The disruption can make hot flashes more frequent and severe 3. Insulin Resistance Connection: <ul style="list-style-type: none"> • Many menopausal women develop insulin resistance • This can create a vicious cycle where: <ul style="list-style-type: none"> ○ High glucose levels increase inflammation ○ Inflammation worsens insulin resistance ○ Both factors can intensify vasomotor symptoms 4. Impact on Thermoregulation: <ul style="list-style-type: none"> • Elevated glucose can affect hypothalamic function • The hypothalamus controls body temperature

	<ul style="list-style-type: none"> Glucose fluctuations may make it harder for the body to maintain stable temperature

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.