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TREATMENT PLAN FOR : Brittney Helton Date: 15.3.25

Observations	<p>Lack of structure Need for circadian rhythm regulation Need for sense of purpose (self-love? Cooking for self) Structure meals Slow, mindful eating – dopamine eating Supplementation req'd for hormonal balance/blood glucose.</p>
Health Goals	<p>1. What: Commence a bed time/wake time routine Why: Helps you feel in control of day to day life, reduces feelings of instability, reduces challenges with executive function, predictability of routines can reduce stress.</p> <p>How: Waking up 8am (set alarm if needed), aiming to fall asleep by 11pm. Timing: Allow 2 weeks of enforced sleep schedule for your body to begin to naturally adapt to this cycle.</p> <p>2. What: Exposing yourself to the daylight and sunshine 3 times per day (upon waking, midday, dusk) Why: It helps set the internal clock and regulate sleep/wake cycles. Helps your body produce melatonin at night. Supports serotonin release during the day. Improves day time wakefulness. Reduces fatigue. Maintains natural Vit D levels.</p> <p>How: Upon rising get 10-15 mins of natural light by sitting outside. Again around lunch time spend min 5 minutes outside in the natural light. And at dusk/sundown go outside for another 10 minutes. You don't have to stare at the sky or anything, it is perfectly fine to play with the dogs, sip tea, potter around the garden if you like.</p> <p>3. What: Regulate reproductive and adrenal hormones (LH, FSH, oestrogens, progesterone, cortisol) Why: To promote ovulation and subsequent menstruation</p>

	<p>How: By utilising <i>Paeonia lactiflora</i> (white peony) and <i>glycyrrhiza glabra</i> (liquorice), a combination used four thousands of years to help normalise menstrual cycles.</p> <p>Timing: Allow 3-5 months to see initial changes.</p> <p>4. What: Improve blood sugar and insulin regulation</p> <p>Why: To help reduce androgen excess, to reduce reactive oxygen species and inflammatory mediators (play a big role in PCOS), ensure optimal insulin sensitivity in the cells, improve gut health, stabilise mood, reduce cortisol.</p> <p>How: Inositol supplementation, improvement of circadian rhythm, addressing dietary factors (see Diet section below for more info).</p>
Diet	<ul style="list-style-type: none"> - <u>Don't count calories</u>, focus on nourishment, feeling full and satisfied, eating high protein and lots of veg 😊 - Make an effort to eat slowly, thoroughly chewing food. - Have 3 filling, nourishing meals each day (breakfast soon after waking after sun exposure, lunch and dinner). See below for meal ideas. <p>-Eating three meals a day, with 3-4 hours between them, can support the Migrating Motor Complex (MMC), a natural gut cleaning process, and potentially benefit gut health by allowing the MMC to effectively clear the digestive tract</p> <p>-Studies suggest that eating three meals a day, compared to more frequent or fewer meals, can improve insulin sensitivity, meaning your body uses insulin more effectively to regulate blood sugar.</p> <p>Here are some meal ideas focusing on vegetables, proteins, healthy fats, eggs, oats, minimal dairy, high fibre, and flavourful seasonings!:</p> <p>Breakfast Ideas</p> <ul style="list-style-type: none"> - Veggie egg scramble with spinach, bell peppers, and mushrooms, topped with a small amount of feta cheese. Serve with sliced avocado and a side of fresh berries. - Overnight oats made with almond milk, chia seeds, cinnamon, and topped with fresh fruit and a small drizzle of honey. Add a tablespoon of nut butter for healthy fats. - Ezekiel toast, poached egg, sautéed kale, roasted cherry tomatoes, and herbs like parsley and chives. Season with turmeric, black pepper, and a touch of olive oil.

	<ul style="list-style-type: none"> - Vegetable frittata with sweet potatoes, asparagus, feta onions, broccoli, and fresh herbs (basil, parsley). Serve with a side of mixed greens tossed in olive oil, pepper, salt and lemon juice. - Oatmeal breakfast bowl with cinnamon, mixed berries, chopped nuts, and a dollop of Greek yogurt. Sprinkle with ground flaxseed for extra fibre. <p>Lunch (or Dinner) Ideas</p> <ul style="list-style-type: none"> - Mediterranean bowl with roasted chickpeas (seasoned with cumin, paprika, salt and garlic), cucumber, tomatoes, olives, mixed greens, and tahini dressing. Include a small portion of feta cheese if desired. Side of Ezekiel bread if more food is desired. - Lentil soup with carrots, celery, spinach, coconut cream and fragrant spices (curry spices such as cumin, coriander, turmeric etc). Serve with a side of roasted vegetables drizzled with olive oil and lemon zest. - Stuffed bell peppers filled with a mixture of wild rice, black beans, corn, tomatoes, and Mexican spices (chili powder, oregano, cilantro). Top with a small amount of shredded cheese. OR make some chilli con carne and put that inside! - Chilli on brown rice, with a side of avocado or guacamole, cilantro on top, lime juice. Small sprinkle of feta or any other cheese. - Buddha bowl with roasted sweet potatoes, steamed broccoli, pan-seared tofu (marinated in tamari, ginger, and garlic), and sliced avocado. Dress with a sesame-ginger vinaigrette. - Salmon salad with mixed greens, cherry tomatoes, cucumber, roasted beets, and a lemon-dill dressing. Include a small portion of goat cheese and pumpkin seeds for added texture. <p>Dinner Ideas</p> <ul style="list-style-type: none"> - Baked fish (such as cod or halibut) with a crust of herbs (parsley, dill, thyme) and lemon zest. Serve with roasted Brussels sprouts and a quinoa pilaf with sautéed onions and garlic. - Chicken and vegetable stir-fry with bell peppers, snow peas, carrots, and broccoli, seasoned with ginger, garlic, and soy sauce. Serve over rice. - Vegetable and bean chili with kidney beans, black beans, zucchini, bell peppers, onions, and tomatoes. Season with chili powder, cumin, oregano, and smoked paprika. Top with a
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small dollop of Greek yogurt.

- Herb-roasted chicken thighs with a medley of roasted root vegetables (carrots, parsnips, turnips) seasoned with rosemary, thyme, and garlic. Serve with a side of steamed greens dressed with olive oil, salt and lemon.
- Lentil and vegetable curry with cauliflower, spinach, carrots, and tomatoes, flavored with curry powder, turmeric, ginger, and garlic. Serve over brown rice with a side of cucumber raita (made with a yogurt).

Here's a list of 50 commonly consumed ultra-processed foods.

1. Soft drinks/sodas
2. Hot dogs
3. Frozen pizza
4. Fast food burgers/fries
5. Chicken nuggets
6. Instant noodles/ramen
7. Breakfast cereals
8. Packaged white bread
9. Potato chips
10. Microwave popcorn
11. Packaged cookies
12. Ice cream
13. Frozen TV dinners (low quality ones)
14. Boxed macaroni and cheese
15. Packaged pastries (donuts, muffins)
16. Energy drinks
17. Fruit juice cocktails/drinks
18. Candy bars
19. Flavoured yogurts with added sugars
20. Frozen breakfast sandwiches
21. Packaged deli meats
22. Powdered drink mixes
23. Flavoured crackers
24. Pre-made cakes and cupcakes
25. Frozen french fries
26. Boxed cake/brownie mixes
27. Packaged snack cakes
28. Flavoured potato chips
29. Cheese puffs/cheese-flavoured snacks
30. Granola bars with added sugars
31. Flavoured coffee creamers
32. Canned pasta meals
33. Packaged fruit snacks
34. Breakfast pastries (Pop-Tarts, toaster strudels)
35. Frozen breakfast waffles
36. Pre-packaged lunch kits
37. Sweetened breakfast drinks
38. Instant mashed potatoes

	<p>39. Shelf-stable puddings 40. Frozen chicken strips/patties 41. Packaged rice mixes 42. Processed cheese slices/spreads 43. Sweetened applesauce 44. Canned chili 45. Ready-to-eat soup cups 46. Frozen burritos 47. Flavored oatmeal packets 48. Shelf-stable meals in pouches 49. Powdered gravy mixes 50. Refrigerated cookie dough</p> <p>These foods typically contain multiple ingredients that include added sugars, oils, fats, salt, anti-oxidants, stabilizers, and preservatives. They often undergo extensive processing methods that significantly alter their original form and nutritional composition.</p> <p>Better option comfort foods: Apples and cinnamon Apples and peanut butter Cauliflower mac and cheese Sweet potato wedges with sour cream Spaghettini squash with bolognese sauce Avo and fetta on Ezekiel toast Smoothies (frozen fruits, nut butters, protein powders, milk/plant milk) Oatmeal pancakes with a little maple syrup and fruit Almond meal muffins/cakes Ezekiel French toast with maple syrup and Greek yoghurt. Ezekiel break – use as a base for home made pizza</p>
Lifestyle	<p>- Your routine might look like this..</p> <ul style="list-style-type: none"> - 8am: Waking up at 8am (use a -peaceful sounding- alarm if required) - 8:10am: Outdoor/sun exposure time ASAP after waking – min 10 minutes. - 8:25am prepare breakfast and enjoy - Noon: Spending min 5 minutes outside at noon - Just after noon: Prepare lunch (or meal prep a few!) - Just before sunset: Prepare dinner and enjoy (or prep a few) - Sunset: Spending another 10 mins outside at dusk/just before sundown - After dinner: After dinner/sunset dim as many lights in the house as possible as to not stimulate your brain and trick it into thinking it is still daytime. This help melatonin release and helps your brain to wind down ready for sleep. - 11pm: Sleeping by 11pm

Barriers	- Time!
Referral/Investigations	- N/A
Prescription	<p>See fullscript:</p> <ul style="list-style-type: none"> - Peony and Licorice Formula (T68)- 4 capsules three times per day (incase a made a mistake on the fullscript prescription system – this is how many you should take) - Inositol 750mg – 1 capsules 3 times per day - Liver-G.I. Detox – 2 capsules once per day with a meal (any time)
Recipes:	-
Return Visit:	Approx. 4 weeks 😊
Other/Extra Info	<p>Notes on Liquorice : Consituent glycyrrhетенic acid (GA) inhibits 17-beta-hydroxysteroid dehydrogenase (an enzyme) that converts androstenedione to testosterone (thereby reducing testosterone)</p> <ul style="list-style-type: none"> - Reduces testosterone produced by the ovaries but not the adrenals suggesting it's actions are upon the ovary. - High doses of liquorice result in decreased conversion of cortisol to cortisone (which were levated in your DUTCH test) - Improves LH:FSH ratio (your LH was very high which contributes to androgen production and disrupted ovulation) <p>Notes on Paeony: Paeoniflorin a key compound in peony influences aromatase enzyme, promoting conversion of testosterone into oestrogen (thereby reducing testosterone)</p> <ul style="list-style-type: none"> - Improves progesterone levels by normalising ovarian function <p>May benefit ovarian function and egg quality by activating ovarian angiogenesis (blood vessel formation) and follicular development, and reducing oxidative stress.</p> <p>Licorice Extract Mechanisms</p> <ul style="list-style-type: none"> • Metabolic Improvements: Licorice extract, when combined with a low-calorie diet, has been shown to improve obesity indices, glycemic control, and lipid profiles in women with PCOS. This suggests a role in enhancing glucose homeostasis and reducing insulin resistance, which are critical in managing PCOS symptoms(Hooshmandi et al., 2024). • Hormonal Regulation: In animal studies, licorice extract has been observed to normalize hormonal imbalances, such as the LH/FSH ratio, and improve ovarian morphology by reducing follicular cysts and enhancing oocyte maturation and embryo development(Shamsi et al., 2020) (Yang et al., 2018). • Antioxidant Effects: Licorice is known for its antioxidant properties, which may help reduce oxidative stress, a

	<p>contributing factor to ovarian dysfunction in PCOS(Shamsi et al., 2020).</p> <p>Peony Extract Mechanisms</p> <ul style="list-style-type: none"> • Anti-inflammatory Action: Peony extract, particularly the compound paeoniflorigenone, has been identified as an effective anti-inflammatory agent. It interacts with TNF-α, a pro-inflammatory cytokine, potentially reducing chronic inflammation associated with PCOS(Li et al., 2022). • Pathway Modulation: The extract influences several pathways, including TNF, lipid atherosclerosis, and AGE-RAGE signaling, which are implicated in the pathophysiology of PCOS(Li et al., 2022).

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.