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TREATMENT PLAN FOR : Taylor Slater Date: 21.3.25

Health Goals	<ol style="list-style-type: none">1. Improve insulin sensitivity and blood sugar regulation through daily inositol supplementation and continued low-carbohydrate diet approach2. Enhance energy levels and reduce fatigue by initiating B-vitamin complex supplementation and encouraging regular exercise, aiming for gym attendance 3-4 times per week3. Reduce frequency and intensity of tension headaches through stress management techniques, including consideration of kava supplementation as needed4. Support liver function and overall detoxification processes by completing the 1-month liver detox protocol and incorporating daily psyllium husk or Metamucil for improved bowel health5. Alleviate PMS symptoms by maintaining current magnesium and ashwagandha supplementation, while monitoring hormonal changes in preparation for further management after obtaining hormone panel results6. LONG TERM: Weight release
Diet	<p>- Continue low-carbohydrate approach:</p> <ul style="list-style-type: none">• Focus on non-starchy vegetables, lean proteins, and healthy fats• Limit intake of refined carbohydrates and sugars• Use low-carb alternatives like konjac noodles when craving pasta or noodles <p>- Increase protein intake:</p> <ul style="list-style-type: none">• Maintain current breakfast of Greek yogurt with protein powder, chia seeds, and finely chopped fruit OR try a small bowl of oats, or eggs, or protein

	<ul style="list-style-type: none"> • Aim for protein-rich snacks like boiled eggs or nuts • Include lean meats, fish, or plant-based proteins in main meals <p>- Implement resistant starch techniques:</p> <ul style="list-style-type: none"> • Cook and cool pasta, rice, and potatoes before reheating to increase resistant starch content • This can help improve insulin sensitivity and gut health <p>- Incorporate bone broth:</p> <ul style="list-style-type: none"> • Continue using bone broth in soups and cooking for gut health support <p>- Use sugar alternatives:</p> <ul style="list-style-type: none"> • Continue using monk fruit sweetener as a sugar alternative <p>- Increase fibre intake:</p> <ul style="list-style-type: none"> • Add psyllium husk or Metamucil to diet for improved bowel health and blood sugar regulation • Increase consumption of high-fibre vegetables and legumes as tolerated <p>- Meal timing and planning:</p> <ul style="list-style-type: none"> • Prepare meals in advance to avoid relying on high-carb convenience foods • Consider having protein shakes or pre-prepared snacks like nuts for busy work days <p>- Hydration:</p> <ul style="list-style-type: none"> • Adequate water intake throughout the day <p>- Mindful eating:</p> <ul style="list-style-type: none"> • Continue maintaining food diary (for yourself – not to show me) to increase awareness of eating patterns and energy levels • Practice mindful eating techniques to reduce stress-related or emotional eating – chewing slowly, not watching T.V. when eating. <p>- Consider incorporating oats:</p> <ul style="list-style-type: none"> • Overnight oats can be a nutritious, low-glycemic index breakfast option • Add protein powder, chia seeds, and nuts for a balanced meal <p>These recommendations aim to support weight management, improve insulin sensitivity, and address gut health concerns.</p>
Lifestyle	- Trial the gym
Barriers	-
Referral/Investigations	- Blood test from G.P. – call to check on date and time during cycle to have bloods taken.

<p>Prescription</p>	<p>Here's an explanation of the value of each prescribed supplement for the patient's treatment plan:</p> <p>Inositol:</p> <ul style="list-style-type: none"> - Helps regulate insulin levels, supporting blood sugar balance - May improve ovarian function and menstrual regularity - Supports overall hormonal balance <p>B-vitamin complex:</p> <ul style="list-style-type: none"> - Enhances energy production and reduces fatigue - Supports carbohydrate metabolism, aiding weight management - Promotes nervous system health, potentially reducing nerve-related discomfort <p>Liver detox protocol (1-month):</p> <ul style="list-style-type: none"> - Supports liver function and hormone processing - May help alleviate PMS symptoms - Assists in clearing metabolic waste products <p>Psyllium husk/Metamucil: From supermarket</p> <ul style="list-style-type: none"> - Increases dietary fibre intake, supporting bowel health - May help stabilise blood sugar levels - Promotes feelings of fullness, aiding weight management efforts <p>Kava (as needed):</p> <ul style="list-style-type: none"> - Natural option for managing tension headaches - May help relax muscles and reduce stress <p>Magnesium (continue):</p> <ul style="list-style-type: none"> - Supports nerve function, potentially reducing arm discomfort - Aids in stress management and sleep quality <p>Ashwagandha (Triganda) (continue):</p> <ul style="list-style-type: none"> - Helps manage stress and supports adrenal function - May assist in balancing hormones and reducing fatigue <p>These supplements are part of a holistic approach to address hormonal balance, energy levels, stress management, and overall well-being. They complement dietary and lifestyle changes to support your health goals.</p>
<p>Recipes:</p>	<p>-</p>
<p>Assessment</p>	<ul style="list-style-type: none"> - Improved hormonal balance, no longer meeting full criteria for PCOS diagnosis - Subclinical hypothyroidism risk due to stress and metabolic factors - Ongoing insulin resistance concerns, despite improvement - Chronic fatigue and energy management issues - Tension headaches likely stress-related - PMS symptoms, possibly related to recent medication changes

<p>Other</p>	<p>Return visit after you have your bloods from the G.P.</p> <p>Email me your blood tests results from your G.P. as soon as you get them so I can analyse them thoroughly before your next visit please.</p> <p>Can then utilise herbal medicine to increase progesterone, lower oestrogen if necessary.</p> <p>May consider using GI Mapping in future if gut issues persist.</p>

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.