

Wellness Plan – Heather Woods

20th July 2022

Goals:

- **Improve and balance mood throughout menstrual cycle**
- **Support and improve daily energy levels**
- **Regulate menstrual cycle by supporting hormone levels**

Fluctuating mood throughout your cycle and hormonal migraines, can be an indication that your hormones levels are out of balance. Our hormones naturally increase and decrease throughout our cycle, but if we have too much oestrogen and not enough progesterone, we see a number of the symptoms you are experiencing.

For example, progesterone is a natural anti-inflammatory, it shelters us from the ups and downs of oestrogen, and it helps to calm our mood by enhancing one of our neurotransmitters called GABA. Symptoms of low progesterone include PMS such as anxiety and heavy menstrual bleeding.

We need oestrogen and it has many benefits, but due to our lifestyles, many women suffer from oestrogen excess. This can be seen in symptoms such as premenstrual irritability and low mood which is often seen when oestrogen crashes from high to low throughout your cycle. Hormonal migraines have been linked to a drop in oestrogen levels which naturally rises just before ovulation and again just before our period, the times you seem to be experiencing these the most.

Inflammation also plays a role in the balancing of our hormones, by affecting production, interfering with hormone receptors and is a huge driver of PMS symptoms including fatigue. Fatigue is often worse around your bleed as inflammation increases with the drop in progesterone (your natural anti-inflammatory). With this type of inflammatory fatigue, we see flu like symptoms with achy muscles and a sore throat. Inflammation also contributes to excess oestrogen levels by inhibiting the ability for it to be properly excreted and detoxified out of your body.

Fatigue can also be caused by low iron. Please see the recommendation section below in regards to seeing your doctor about getting some iron testing done as you present with many of the symptoms common with low iron levels.

Dietary Advice:

- Please remove all dairy from your diet for now. Dairy is one of the most inflammatory foods we eat and can be contributing to the cold like feeling you are getting every cycle. When removed from the diet, it has been shown to be really effective in reducing PMS. The alternative milk brands I prefer are Pure Harvest and Nutty Bruce as they are pretty clean ingredient wise. Pure Harvest is in the long life milk section, and Nutty Bruce is usually in the cold section near the cream and things like that. Or you can make your own in the thermos like we talked about! Other alternatives include coconut yoghurt, cashew based cheese and other vegan cheeses. Goats milk products are also usually a less inflammatory option to consider but I would try and go without these two at least for the first 30 days then you can slowly introduce and see how you react.

Lifestyle Advice:

- Exercise, as you touched on, not only lifts our mood and makes us feel better, but it is also very beneficial in reducing inflammation, and promoting the healthy metabolism of excess oestrogen. Aim to increase exercise to 3-4 times a week. Even a 20 minute walk on your lunch break will help.

Referral:

- You have several symptoms which may indicate low iron levels. These include fatigue, anxiety, shortness of breath, bruising easily, and heart palpitations. The fact these are worse after your period, and that your bleed is heavy, also supports this due to the loss of iron through your blood.

Prescription:

- **RN Labs Magnesium Glycinate – take 1 tablet with breakfast and 1 tablet at dinner - \$49.30 for 120 capsules (will last 2 months)**

Magnesium has been shown to be very effective in reducing PMS. It aids in the production of hormones including progesterone, supports our nervous system functioning and therefore supports moods, anxiety and our stress response, and it also reduces inflammation. It is also indicated in migraines with over 50% of migraine sufferers deficient in it, and can prevent the release of substance P which promotes pain in migraine episodes

- **RN Labs Active B6 – take 1 tablet with breakfast and 1 tablet at dinner - \$37.80 for 60 capsules (will last 1 month – we will reduce dose to 1 tablet a day after a month)**

Vitamin B6 is also effective in reducing PMS. It is essential for progesterone production, it reduces inflammation and assists in the healthy detoxification of excess oestrogen

- **Mediherb Chaste Tree (Vitex angus-castus) – take 1 tablet with breakfast and 1 tablet at dinner - \$29.70 for 90 capsules (will last 1.5 months – we will reduce dose to 1 tablet a day after a month)**

Vitex angus-castus is also great for PMS. It is a herb which helps supports mood by calming the nervous system and supports progesterone production. It is widely used for PMS and hormonal imbalances

- **Othroplex Zinc – take 1 tablet with dinner - \$34.85 for 90 capsules (will last 3 months)**

Zinc is indicated in so many of our body processes and pathways. In particular it decreases inflammation, increases production of progesterone, is required for healthy immune functioning and is needed for healthy digestion of food. It is also important for our moods and supports our nervous system functioning.