

Case Study - Melanie

Melanie is a 26 Year old female that came to see me August after quitting her SSRI anti-depressant medication cold turkey. She was experiencing some pretty severe side effects. She had been on them for years and had chronic depression and ADHD among female related issues to her cycles.

She was overweight and wanted to work on that as well as balance her hormones and have more energy. She did weightlifting. She had some food allergies: eggs, dairy and gluten. She was a bar tender and worked at a health spa. She had her IUD removed in May 2020 and said she would go 4 months in between her cycles.

Melanie had a history of stress and ulcers and was experiencing bowel/digestive issues- bloating, heart burn, diarrhea/constipation. She was diagnosed with IBS (irritable bowel syndrome). She had food poisoning in her past as well as a history of antibiotics and yeast infections, seasonal allergies, and flu vaccines. She had a history of ear infections as a child.

Sleep was a problem for her, and she was feeling a high level of anxiety. She had circled quite a few of the symptoms under the thyroid/adrenal section such as feeling cold, tired all the time “can’t get out of bed in the morning”, sluggish, dizzy when rising, dark circles under eyes, easy gag reflex, needed caffeine, food intolerance, craved salt, swollen ankles, gained weight around the waist.

Melanie was also was experiencing heart palpitations occasionally and shortness of breath. Her hands and feet fell asleep and she had ringing in the ears and muscle/toe cramps. She felt swelling in her hands and feet.

She was eating out at fast food places more than twice a week. She had a history of margarine/veg oil and she ate red meat at least 4 times per week. We talked about nutrient dense foods instead of counting calories, and breathwork class to help offset the stress she was having from working 2 jobs. She felt like her life was “out of control” and she had moved back to her hometown after experiencing a set-back in the Fall and a break-up. She was thinking about quitting one of her jobs. Her family was a source of stress and negativity in her life.

Testing showed she was low overall. Her liver points were the lowest of all along with her brain/nerve and lymph, kidney, small intestine and thyroid.

First Appointment April 2021

- CALM (Systemic Formulas)
- L-methyl folate
- DV3+Immune (SF),
- Malungay (Marco Pharma)
- Chromium 200mcg
- Magnesium
- Core milk thistle (Energetix)
- Black Currant Seed Oil
- Nepro-rella (MarcoPharma)
- TACX drainage (Systemic Formulas)

She came back for a retest in August. Her test results were amazing! She was feeling so much better she told me she had “never felt this good in all my life”! She was still not getting her cycle every month though, so we decided to focus on that and she was still wanting to lose weight.

For her PCOS symptoms I put her on:

- Synulin (SP)
- Femicrine (endocrine) (SP)
- P-pancreas (SP)
- N3 Relaxa (SP)
- Relora - blend of Magnolia officinalis and Phellodendron amurense bark extracts that may help to relieve stress and minimize stress-induced eating.
- RPM omegas (SP)

She also tested for some fungal which included the Mycocan-Chord homeopathic (Energetix), T4 Fungdx (tincture) (SF) and Nepro Rella (MarcoPharma).

We discussed cutting out processed sugar and replacing it with low glycemic options (monkfruit, agave nectar, stevia) and cutting out dairy.

She returned in January for another re-test. Her test results were all very close to balanced by this point. She had quit her second job, was in a new relationship and had decided to move to Texas for a new work opportunity she felt passionate about. Liver had gone from 35 to 46. Brain/nerve from 39 to 53.

She tested for many of same supplements that she was taking previously.

- Core Licro Blend (Energetix)
- CALM (SF) to support 5htp and off-set the symptoms she was having from going off her SSRI.
- Raspberry tea
- S-spleen (SF)
- Ga Adrenal (SF)
- L-methyl folate
- Ultimate Omegas
- Core Milk thistle (Energetix),
- Malungay (Marco Pharma)
- DV3+Immune (SF).
- Chromium
- Magnesium
- Flower Essence Blend (Gorse, Gentian, Cherry Plum) and I ordered Fields of Flower for her.

After she moved to Texas, I heard from her and she reported feeling happy for the first time in a long time. Her health had improved, and she was feeling like she finally had control of her life by letting go and taking the leap to move out of state for a job she was really enjoying. The last time I heard from her she was engaged and planning on staying in Texas.

Primary Supplement Companies:

SF = Systemic Formulas

Energetix

MarcoPharma

Professional Formulas (herbal tinctures)

NutriDyn

April 2021

Product/Supplement	Wakeup	Breakfast	Lunch	Dinner	Before bed	# of
CALM		1				
L-methyl folate		1				
DV3+immune		1				
malungay		1				
Chromium 200mcg		1				
magnesium					1	
Core milk thistle					1 dropper	
Black Currant Seed oil		1				
nepro-rella		3-4	couple weeks then break			
TAEX		1 dropper				X

August 2021

* following Deas Dr. Kylie month #1

	Wakeup	Breakfast	Lunch	Dinner	Before bed	# of
Synulin		1				
Semicrine - endocrine		1				
P pancreas		1				
N3 Relaxa - stress/focus		1				
Relora - (cortisol/metab support)		1				
RPM - omega's (supporting brain health)						
mycoeann 100	10 drops					X
TU - fungal 1/2	dropper					X
repro - cells	2-3					X

January

Product/Supplement	Wakeup	Breakfast	Lunch	Dinner	Before bed	# of
Cone Licor		dropper				X
CALM		1			1	
Raspberry Leaf tea - 1 cup/day						
Spleen		1 cap				
Semicrine - Endocrine Support		11 (2)				
Malunggay - (glucose support/inflamm. multi)		1				
DV3+immune support		1				
Core milk Thistle		1/2 dropper				
Ultimate Omega		1				
Ga Adrenal		1				
L-methylf date		1				
GTF Chromium		1				
magnesium		1				
Fields of flowers					1 dropper	