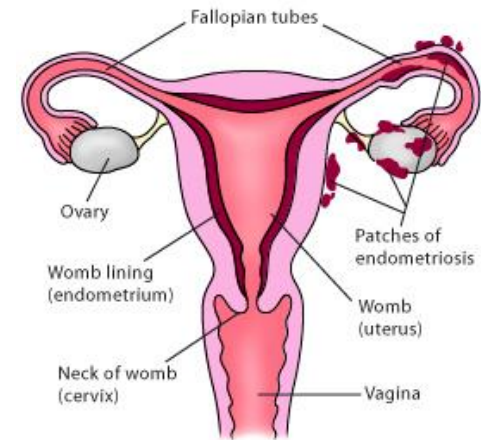


CASE STUDY #3

DONNA

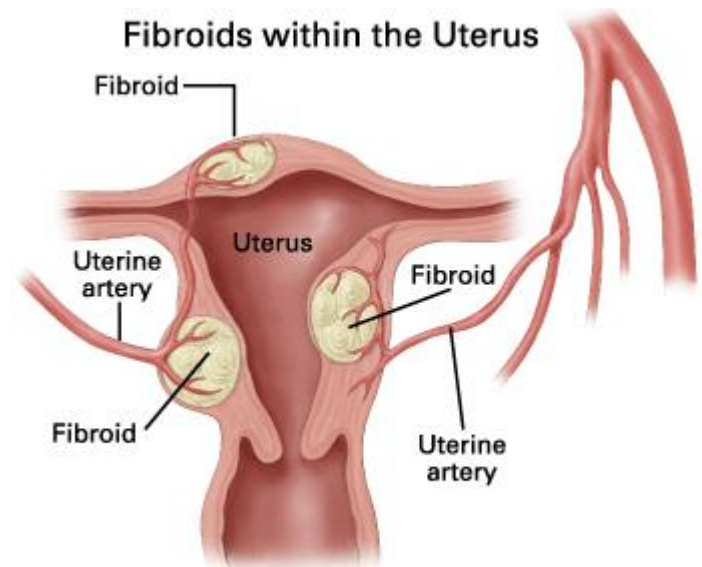
Donna's Story

- 45 year old
- Suffered from endometriosis, fibroids and ovarian cysts
- She also had arthritis in left hip and her back (diagnosed at age 37)
- Scar tissue was severe and she would go through bouts of discomfort but nothing major
- She was on antibiotics frequently when she was a teenager for acne
- Then at 20 years of age she went on birth control pills for six month and shortly after that, she has her first bout of endometriosis – 2 ovarian cysts



Her Story

- Her mother had endometriosis and had a hysterectomy at 45
- Her sister also had it
- A bout of food poisoning set off a set of debilitating symptoms that sent her to doctor who sent her to an OB/Gyn
- At this point she had a huge fibroid to go with her scar tissue - He told her she needed a hysterectomy
- She decided she did not want one so she thought out alternative practitioners



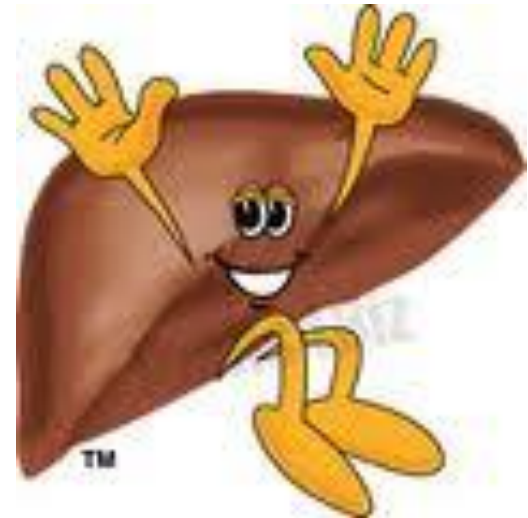
Her Story

- The first practitioner she went to was a homeopath
- Given the determination of food poisoning and the symptoms, she recommended a parasite cleanse
- This helped immensely acute symptoms, however did not address the endometreosis
- The homeopath suggested she remove dairy and gluten, which she did but this did not help
- Feeling she had reached the end of the help the homeopath could provide, she came to see me



Her Story

- From my perspective estrogen dominance cases are about liver and dysbiosis
- The liver has stress from detoxing out excess estrogen and dysbiosis – which can prevent the liver conjugate form making it out of the body, sending the estrogen back in bloodstream and back to the liver.
- So we proceeded with a protocol that had a focus on liver but addresses her dysbiosis



Her Story

- Her diet was good and she was not a drinker or smoker nor did she do recreational drugs.
- No known food issues
- She occasionally drank coffee or tea
- She was stressed – had a lot of financial pressure and the pressure of health issues did not help – she showed signs of dysglycemia
- She wanted help with the fibroid, the endometreosis and the arthritis



Protocol

- We started with a Candidiasis protocol – we kept it simple – not white sugar, steps to good digestion
- High dose probiotics (clients choice) and Caprylic Acid Plus
- For her hormonal issues:
- Vitex – to balance estrogen and progesterone
- Black current seed oil capsules –for PMS symptoms
- Rosemary – for fibroids
- Milk thistle for the liver
- Fish oil for inflammation



Diet

- Liver friendly foods – broccoli, berries, lemon, grapefruit (for d'glucorate)
- Whole food diet as much as possible
- Whole grains were added – she had only had whole grains for breakfast
- Encouraged her to eat organically as much as possibly
- Taught her how to make sweet treat with whole sugars and whole grains



Protocol Continued

- After a month replaced Caprylic Acid Plus with Candida Stop
- She stayed on this for two months (continued on high does probiotics)
- Switch her to oil of oregano and she stayed on this for six months – continued on probiotics.
- Continued on all other supplements
- As she went through this – she progressed slowly
- We were looking at her PMS symptoms to measure her progress
- A two week liver cleanse was also implemented during this time



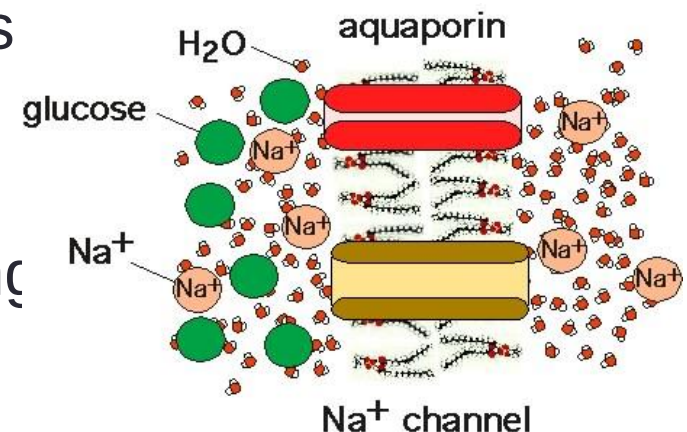
Arthritis

- Put her on MSM and glucosamine
- Also, suggested pilates to make sure she was using her muscles correctly and not aggravating symptoms
- She noticed an improvement with her pain and inflammation – what we did not know then but know now – we were providing a valuable source of sulfur which was a factor in dysbiosis and liver issues and detoxing out excess estrogen
- Within a year, while she still had limitation due to lack of range of motion, she had no pain or inflammation



Progress

- Here PMS symptoms included breast tenderness, mood swings, anxiety, water weight gain and headaches
- Headache was a low grade type of migraine – it comes just before her period – last three days and no amount of pain killer will remove it.
- Over the course of the protocol – breast tenderness went away first after one month (black current seed oil)
- Water weight gain and mood swings gradually disappeared
- Headaches were the most difficult and were worse when she was going through periods of excess stress



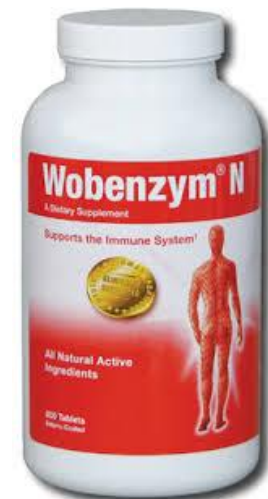
Progress

- She decided to continue and at this point Liberte kefir was added
- As she progressed the headaches started to be less – over the course of a year – she had only 5 versus one or two every month
- Explained the benefits of other fermented foods and taught her about prebiotic food.
- At this point – it had been about 18 months she went for the an ultrasound and the fibroid had shrunk to almost nothing



Progress

- Endometriosis scar tissue is still an issue
- Explained the potential of Wobenzyme for scar tissue
- She start to take this for six months (still on other supplements
- Stress has been a consistent issue so adrenal support was added – however, lifestyle choices and options were discussed to help lower stress levels
- This helped the headaches even more
- She stayed the course with all of this for another two years



Progress

- At this point, she decided to see how she would do if she weaned off supplements
- Started with the black current seed oil – breast tenderness came back
- Was successful in stopping the vitex and only took it during her ovulation time
- Rosemary was discontinued successfully
- Milk thistle was also discontinued although she would do courses of it from time to time



Progress

- Probiotics was also discontinued but Liberte kefir was consumed 3-4 times a week – she would also take probiotics from time to time and the same with oil of oregano
- She continued to take adrenal support and fish oil
- She stayed the course with this form the next 3 years when she went into menopause
- No symptoms – was not even sure it had happened – period irregularities are not uncommon to estrogen dominant sufferers



Today

- She still has a focus on gut health and liver
- She no longer get the low grade migraines but after a history of headaches, she will still get one when she is stressed and does not get enough sleep
- She now only takes a multi and a glucosamine/MSM product
- She will try other supplements from time to time
- For her – knowing she avoided the hysterectomy means the most to her

