



Phone Consult Follow Up by Dr Ben

For: Extreme Fatigue at Beginning of Menstruation

Symptoms noted: acne, irritability, depression, swollen, bloated, fatigue, light menses

[Click the Product Name highlighted in blue and it will take you to the product page at www.HealthEGoods.com]

Product Name	Time of Day to take	Serving Size	w/ or w/o meals	Duration	Reasoning
Opti Gyn	AM and Lunch	3 tablets. If too large, crush and eat with applesauce.	With meals at breakfast and at lunch time. Take as directed on the label.	Until your menses are normal again.	To reduce symptoms of fatigue during menses, acne, bloating, irritable.
Finest Pure Fish Oil (you have this already)	Add to AM smoothie	2 teaspoons	In smoothie	Long term maintenance	Nourish adrenals, protect cellular membranes
Adrenal Support Plus	AM and lunch	2 capsules AM and 1 capsule at lunch	Before, during or after meals. Just don't take a long time away from food.	2 months at this amount. Then reduce to 2 capsules in the AM as maintenance	Nourish adrenals, reduce fatigue
Whey Slim (you have this already)	AM Smoothie	Start with 1 scoop in AM and at lunch	Add to smoothie with frozen blueberries and Fish oil.	Three months. (contains Dairy so if you are allergic to dairy, do not take it)	To reduce weight nourish adrenals, reduce fatigue with quality amino acids that are easily absorbed.
Vitamin D3 5,000 IU	Anytime	1 capsule	With meals	During dark months. Measure blood levels of D3 after 3 months of use.	Maintain immune support and mood. Low D3 is associated with depression.
ProBiota 12 Powder	Evening	½ teaspoon	With dinner	Until bottle is gone	To process excess estrogens, improve digestion, improve immune system, reduce constipation



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Lifestyle Recommendations:

1. Eat smaller more frequent meals every 2 hours with some form of protein. Eat .4 grams of protein per pound of body weight. So if you weigh 140 pounds, eat about 50 grams of protein a day. This will stabilize your blood sugar which will improve your adrenal fatigue.
2. Eat a protein snack before bed such as almonds. They are high in magnesium and protein. Eat about 15 of them. I recommend soaking them for 24 hours, rinsing and then eating. Chew them very well. Drink water and go to bed.
3. Get mild exercise. Go for walks each day for 20 minutes with your partner. Increase by 5 additional minutes per week.
4. Avoid chlorine by using a [drinking water filter](#) and shower filter. Chlorine interrupts the iodine binding to your thyroid and causes further chemical sensitivity.
5. Walk barefoot on the grass each morning as this stimulates your thyroid and immune system.
6. Have a smoothie for breakfast every day: blueberries, Whey Slim, Finest Fish Oil, raspberries, filtered water and other things you like to add – like bananas and pecans or almonds.
7. Limit drinking with meals as this dilutes digestive enzymes.
8. Avoid [Xenoestrogens](#). Canned foods are especially bad. Choose Eden Foods brand if you buy canned foods.
9. Consider evaluating your hormones. If you do not improve after 2 months on this protocol, then a lab test is a good idea. The [Comprehensive Hormone Panel](#) is quite comprehensive. I believe that the protocol above should help significantly with your menstrual symptoms.
10. Reduce coffee intake. Taking Adrenal Support Plus, the smoothies in the morning and eating more often will reduce your need for caffeine. If you like the taste of coffee, go for decaf or chicory.
11. Give your daughter a 1/4 teaspoon of ProBiota 12 Powder once a week. It will greatly benefit her digestion, immune system and reduce her exposure from environmental toxins as the bacteria will bind the toxins.
12. If your daughter is not quite potty trained at night, look at food allergies. I recommend removing dairy and wheat first. Food allergies increase urination – especially at night. Read the book, [Is this Your Child by Doris Rapp, MD](#)