

## Week 8 Assignments

1. **Complete the following case studies to put your knowledge of hormone, cortisol & neurotransmitter testing into practice. Due 6/4 at 12pm CST.**

Answer the following questions for each case study:

1. What is your assessment of this client? What is/are the root cause/s of their concerns or health complications? Was there a dynamic trigger or what information would you want to obtain to better understand the full picture?
2. Based on her labs, what are the top priorities to address? What in her lab findings can you connect with her current hormonal and mood symptoms of concern?
3. What will be your primary intervention to start with? Name 2-3 dietary changes or nutrition priorities and 3-5 supplement recommendations.
4. Based on what you read about the client, what would be some unique considerations in how you approach education and protocol development?

A) KB

KB is a 39 year old woman. She is 5'4 and 130 lbs. Her goals are to balance hormones, stop period/ovulation pain and support mood and mental health. Her son was born in March of 2021, one month later she got a COVID shot and notes she has never been the same since then. Since having her son, she has achy hands upon waking and feels like she is always bloated and putting on belly fat. Her rings no longer fit and she is experiencing increased anxiety. Her previously clear skin is breaking out with cystic acne. She was on Spironolactone but stopped 3 months prior to doing the DUTCH test. She notes immediately after the shot she began experiencing severe cramping with ovulation and menstruation, typically left sided. It can be so painful that she has to miss work and take high dose naproxen. She notes around that same time life was very stressful, she and her husband own restaurants in Chicago and she felt very alone in postpartum. She is currently on Zoloft for anxiety, would like to get off but previously has been unsuccessful in weaning medication. A recent ultrasound revealed a left sided fibroid and a right sided ovarian cyst. Her OB is recommending birth control to manage her painful cycles.

### **Labs:**

hs-CRP 3.71

Ferritin 17.3

HbA1c 5.5

Vitamin D 18.9

See Dutch Panel provided as separate PDF

**Current supplements:**

Paleo Valley Liver Pills  
Pure Encapsulations Magnesium Glycinate  
Pattern Wellness Zinc Complex  
Body Bio Body Balance Oil

**24 hour recall:**

2 eggs, breakfast sausage  
Bone broth, celery with green goddess dressing  
Persian beef stew  
GF tortellini soup with greens and chicken  
Hu chocolate 2 squares

**B) BK**

BK is a 31 year old woman. Her goals are to support mood and mental health, address digestive issues and lose 20 pounds. She has a history of disordered eating as a ballet dancer through age 18. In childhood she had sinus infections and 3 surgeries and recalls being on antibiotics all the time. In college she was diagnosed with anxiety and depression, tried every SSRI as well as lithium to stabilize mood. She got married straight out of college, then divorced in 2020 due to abuse and moved from Texas to Washington D.C. as a lobbyist for oil and gas. She notes digestive issues tend to correlate with high stress, will have upper belly distention and pain with certain foods like hummus, eggs, brussels sprouts and intermittent diarrhea and constipation. Her cycle is irregular, the last 3 periods were 45 days, 25 days, 60 days and she is currently on day 35. She notes cycle related mood disturbance and anxiety and sleep disturbance due to racing thoughts since her divorce. She is currently on Lamictal, Vyvanse, and Unisom and would like to get off medications. She also currently has a Kyleena IUD.

**Labs:**

See Labrix Panel PDF

**Current Supplements:**

Senna  
CVS Brand Vitamin D

- 2. Build a Stress Management Plan Handout that you can use in practice with clients. Focus on lifestyle goals, supplements of focus, food-as-medicine, and other ways to support nervous system regulation. Aim for 1 page, double sided. Due 6/4 by 12pm CST.**