

Endo Reset Health Plan

Sample Client

Date: Sample plan, for illustration only

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SAMPLE HEALTH PLAN — FOR ILLUSTRATION ONLY. This is not a real client's plan. All content is invented to show the format and depth of a genuine Reset health plan.

Your Endo Reset Summary

Summary:

Your EndoMAP results point to a clear, coherent picture: oestrogen sitting near the top of its range while progesterone runs low, a sluggish final clearance step for oestrogen (methylation, supported by the enzyme COMT), adrenal androgens on the higher side with efficient downstream conversion, and a healthy cortisol rhythm let down by one tissue-level marker that fits your reported fatigue. Alongside this, your Phase I oestrogen breakdown, your melatonin, your heavy metals, and most of your nutrient markers are genuine strengths. This plan is built directly from that picture: what to prioritise, what to support, and what you can put into practice straight away.

Your Reset Goals

1

Support oestrogen clearance through methylation

Your results show slow clearance of the more reactive oestrogen breakdown products through the COMT pathway. This goal is about giving that pathway what it needs, magnesium, B vitamins, and methyl donors, so oestrogen is broken down and cleared more efficiently rather than recirculating.

2

Rebuild progesterone support through the luteal phase

Progesterone and its calming byproducts are low across the board. This goal focuses on nutrition and lifestyle support that helps your body produce and use progesterone more effectively in the second half of your cycle, easing the discomfort and mood shifts that come with a shortfall.

3

Support tissue-level cortisol activation

Your daily cortisol rhythm is healthy, but one marker of how well your tissues activate cortisol where it is needed is running low, which fits your reported fatigue. This goal targets the nutrients and habits that support this conversion step directly.

4

Reduce PFOA exposure and support antioxidant reserve

Your one flagged environmental marker and a couple of nutrient findings point toward the same practical step: reducing ongoing exposure to a specific forever chemical, and giving your antioxidant systems a bit more support.

Nutritional Recommendations

Foundations to Start With

These sit underneath everything else in this plan, and are worth establishing first:

- A whole-food, plant-forward eating pattern most days of the week
- Cruciferous vegetables (broccoli, cauliflower, cabbage, kale) several times a week
- Consistent protein at each meal to support blood sugar and hormone balance
- Reducing packaged and processed foods where practical
- Steady meal timing to support your cortisol rhythm

Layer On: Oestrogen Clearance and Progesterone Support

These are the additions specific to your results. Think of them as building on the foundations above, not replacing them.

Focus Area	Why & How
Cruciferous Vegetables - Supporting Oestrogen Clearance	Why: Broccoli, cauliflower, cabbage, kale, and Brussels sprouts contain compounds (including sulforaphane and indole-3-carbinol) that directly support the pathways your body uses to break oestrogen down and clear it. This is a direct match for your Phase II methylation finding. How to use: Aim for cruciferous vegetables most days, lightly cooked (steamed or stir-fried) rather than raw, which is gentler on digestion Broccoli sprouts are a concentrated option if you want a smaller-volume, higher-impact addition Roasted cauliflower or cabbage as a simple side at dinner a few times a week
Magnesium-Rich Foods - Fuelling COMT	Why: COMT, the enzyme responsible for your slow oestrogen clearance step, needs magnesium to function. Supporting your magnesium intake directly supports this pathway, and also helps with sleep, muscle tension, and nervous system regulation. How to use: Pumpkin seeds, almonds, and cashews as a daily snack or added to meals Leafy greens (spinach, silverbeet, kale) most days Dark chocolate (70%+) as an easy, enjoyable source Legumes such as black beans and lentils a few times a week
B Vitamin and Methyl Donor Foods - Supporting Methylation	Why: Methylation, the final clearance step for oestrogen, relies on B vitamins (particularly B6, B12, and folate) and methyl donors. These same nutrients also support your dopamine pathway, which showed up as running a little low in your organic acids panel. How to use: Eggs, leafy greens, and legumes for folate Fish, eggs, and dairy (or a B12 source that suits you if plant-based) for B12 Bananas, chickpeas, and potatoes for B6 A varied, whole-food diet does most of this work; this is about consistency rather than any single food
Fibre and Plant Diversity - Supporting Progesterone and Hormone Balance	Why: A diverse, fibre-rich diet supports healthy hormone clearance through the gut and provides the building blocks your body uses for steady hormone production, including progesterone. How to use:

Aim for a wide variety of plants across the week rather than the same few repeated (a genuine "eat the rainbow" approach)
Oats, flaxseed, and legumes as easy daily fibre additions
Vitamin C-rich foods (citrus, capsicum, kiwifruit) alongside meals, which support several of the pathways above

A practical note on where to start

This is a lot of information at once. You do not need to implement all of it in the first week. Start with the foundations, then add one or two of the layered recommendations that feel most doable, and build from there. This plan is yours to take at your own pace.

Supplement Recommendations

Core Supplement Support

Supplement & Dose	Purpose
NAC (N-Acetyl Cysteine) 600mg 1 capsule twice daily	Directly replenishes glutathione, your body's master antioxidant, which showed up as running low in your results. This pairs with your oxidative stress marker sitting toward the upper part of its range, and supports Phase II clearance of the reactive oestrogen byproducts your results flagged. One of the most targeted additions in this plan given your specific pattern.
DIM (Diindolylmethane) 150mg 1 capsule daily with a meal	Supports healthy oestrogen metabolism by encouraging the protective 2-hydroxy clearance pathway, the same pathway your Phase I results already favour, and helping shift the balance further away from the reactive 4-hydroxy route. A well-matched addition given your oestrogen-dominant pattern.
Magnesium Glycinate 300mg 1-2 capsules evening after dinner	Directly supports COMT, the enzyme responsible for your slow oestrogen clearance step. Also supports sleep quality and nervous system regulation, which fits your reported fatigue pattern.
Activated B Complex 1 capsule with breakfast	Provides the B vitamins and methyl donors your methylation pathway needs to clear oestrogen effectively. Also supports the dopamine pathway, which showed up as running a little low in your organic acids results.
Zinc Picolinate 25mg 1 capsule with dinner	Supports healthy progesterone production and helps regulate the androgen conversion pathway, relevant given your adrenal androgens sitting at the higher end of the normal range.
Withania (Ashwagandha) 500mg 1 capsule morning and evening	Supports the tissue-level cortisol activation step (11b-HSD) that showed up as low in your results, which fits your reported morning fatigue. Also supports a calm, steady stress response rather than an overstimulating one, appropriate given your cortisol rhythm is otherwise healthy.

Worth Discussing Together

Supplement & Dose	Purpose & Detail
Progesterone-Supportive Herbal Blend (e.g. Vitex or a practitioner-formulated blend) As directed	Why: Given your progesterone and its calming byproducts are low across the board, a targeted herbal formula can support your body's own progesterone production and use through the luteal phase. This is the kind of addition best tailored to you specifically, rather than a generic recommendation, so it is one to talk through together before starting.

Supplement Schedule

Morning	Lunchtime	Evening
Activated B Complex: 1 capsule Antioxidant Support: 1 capsule	-	Magnesium Glycinate: 1-2 capsules Licorice or Adrenal Blend: as directed

Progesterone-Supportive Blend: If we decide together to add this, timing will depend on the specific formula and is best confirmed once chosen.

A note on this plan

This plan is a complete, standalone piece of work. It is built directly from your Reset results and is yours to take forward at your own pace, whether independently or with further support. There is no assumption of ongoing monthly check-ins built into it.

Lifestyle Recommendations

Focus Area	Detail
Sleep and Circadian Rhythm	Your melatonin results are a genuine strength, and protecting that is one of the simplest, highest-value things you can do: Morning light: Natural light within 30 minutes of waking helps anchor your circadian rhythm. Evening wind-down: Dimmer lighting and reduced screen time in the hour before bed. Consistent sleep and wake times: Even on weekends, where possible.
Reducing PFOA Exposure	Your one flagged environmental marker was PFOA, one of the so-called forever chemicals. Practical, low-effort swaps: - Replace scratched or ageing non-stick pans with stainless steel or cast iron - Avoid grease-resistant takeaway packaging and microwave popcorn bags where practical - Consider a water filter for drinking water
Stress and Cortisol Support	Your cortisol rhythm is healthy, so the focus here is protecting that rather than fixing a problem: - Regular, moderate movement rather than high-intensity exercise, which can further tax an already-working stress system - A wind-down practice in the evening, even five to ten minutes, to support the tissue-level cortisol activation step - Noticing and naming stress as it arises, rather than pushing through it
Tracking	A few simple markers worth tracking as you work through this plan: - Cycle symptoms: pain, mood, and bloating through the luteal phase - Energy: particularly morning energy and any afternoon dips - Sleep quality and consistency Any changes noticed once cruciferous vegetables, magnesium, or the B complex become a regular part of your routine

What Success Looks Like

As you work through this plan, we are aiming for:

- Easing of premenstrual mood shifts and pelvic discomfort as progesterone support takes effect.
- Steadier energy through the day, particularly in the morning.
- Improved sleep quality and consistency.
- A noticeable ease in symptoms tied to oestrogen balance, such as bloating and breast tenderness.
- Confidence in a clear, personalised plan you understand and can act on independently.
- A reduced reliance on guessing, with a concrete picture of what is actually driving your symptoms.

Remember: you already have real strengths to build from, a healthy cortisol rhythm, strong melatonin, low toxin load, and good foundational nutrient status. This plan is about supporting the specific areas that need it, not starting from scratch.

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This health plan has been prepared by your naturopath and is intended as a guide to support your wellbeing. It is not a substitute for medical advice. Please consult your GP or specialist for any urgent health concerns.