

## Dr Wylie's Basic Treatment Guidelines for Female Reproductive Health

### Drink 4 Tall Glasses of Clean Water per day

- Choose Spring Water, Alkalized Water, Distilled Water with Electrolytes added back or Filtered Water
- drink more if you drink diuretics such as black tea or coffee
- Avoid drinking Water from Plastic Cups and Bottles
- Consider adding to taste, Thorne's Magnesium BisGlycinate powder (Magnesium promotes healthy estrogen and thyroid levels, and is critical for protecting the brain from too much cortisol)

### Walk 30-75 minutes a day

- Avoid running on hard surfaces especially with old sneakers
- Avoid exercise that causes your body to pound on the ground
- Perform strength training exercises with 1.5-3 lb weights and do many repetitions (Tracy Anderson Method)

Exercise that causes your uterus to bounce up and down strains the ligaments in the pelvis, especially when you are about to menstruate, or are pregnant or recently pregnant

### Drink 1 cup Roasted Dandelion Root Tea per day >> Support the Liver to Detox

### Strive for a low-Carbohydrate Mediterranean Diet

- Eat the Rainbow in Fruit and Vegetables which are rich in antioxidants
- Read the Labels and Avoid eating Foods with Added Sugars
- Reduce Wheat as much as possible
- Use dairy as a garnish, for example a buttermilk salad dressing.

### Seek Help with a functional doctor if you cannot sleep well

Using melatonin without understanding this powerful medicine can cause harm

### Castor Oil Pack

- There are many versions of this self-care practice.
- Get Organic Castor Oil in a roll on bottle from my resources page
- Apply Oil to the abdomen
- You can add 3 drops of lavender essential oil
- Put a cloth over the oiled region to protect your hot water bottle or heating pad
- Be Careful not to burn yourself

- The cloth can be re-used many times before you decide it smells bad, then you shouldn't use it anymore. Be careful not to put in the washing machine, it can stain the clothes in the next load.
- Time: At least 15 minutes,, but it is ok to have the pack on for many hours

*If you are interested in learning more about a specific plan to uplevel your self care practice for you specifically, please contact the Wellness Collective in Colchester to schedule an appointment with Dr Sarah Wylie.*

*Call 802-399-2082*