



Case report: Patient #2

Trying to Conceive for 2 Years
with Regular Cycles

[Watch here](#)

Patient background and situation

Before Mira



Summary

37 female

Regular cycles: 28 days, 3-day bleed, no pain

Never been pregnant

PMH

Anxiety

Nutrition

Vegan

Exercise

Works out every other day—walking and weightlifting

Labs

AMH 2.5 ng/mL

FSH 8.3 IU/L

Estradiol 42 pg/mL

TSH 4.6 mIU/L

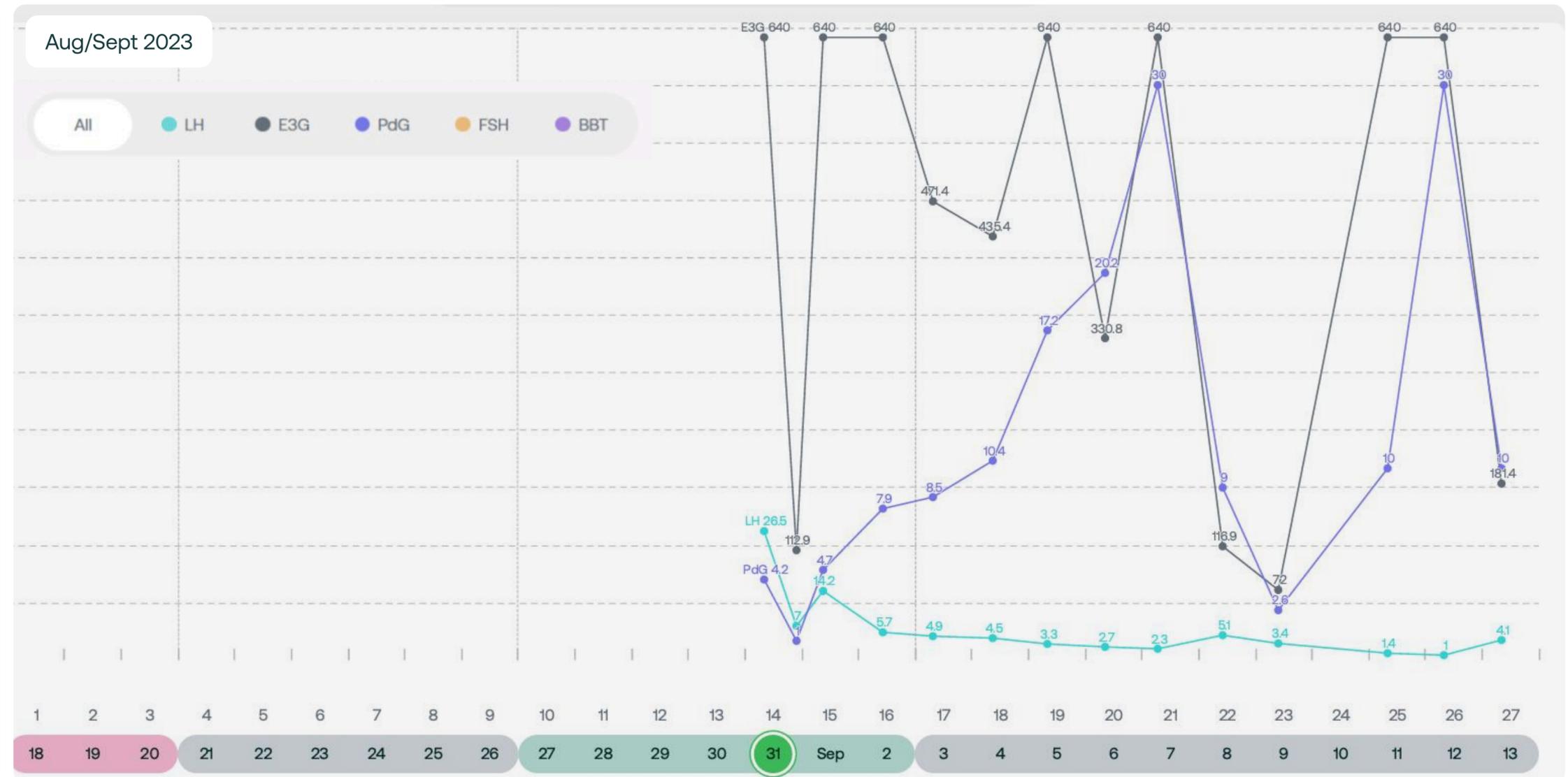
Tracking with Mira: Abnormal Hormone Pattern and Suboptimal Ovulation

Mira data discovered

Abnormally elevated E3G during and after the LH surge

LH surge on CD 14 and 15

Concern for suboptimal ovulation



Workup

During Mira



TPO antibodies in the 100s, leading to a diagnosis of Hashimoto's



Elevated cortisol levels on salivary testing



Initiated continuous glucose monitoring to identify food triggers for glucose spikes

Interventions

Diet

Increased protein intake

Switched from white bread to whole wheat and whole grain

Reduced tofu consumption

Eliminated foods causing glucose spikes

Supplements

Started DIM to address high estradiol levels

Lifestyle Changes

Implemented techniques to reduce anxiety

Began monitoring heart rate variability (HRV)

Added adaptogen supplements

Improved sleep quality

Tracking with Mira: Monitoring Responses to Interventions

After Mira



Mira data discovered

Coordinated E3G rise leading to LH surge

LH surge on CD 17

Rising PdG confirms ovulation

Significantly improved E3G pattern

All hormones chart

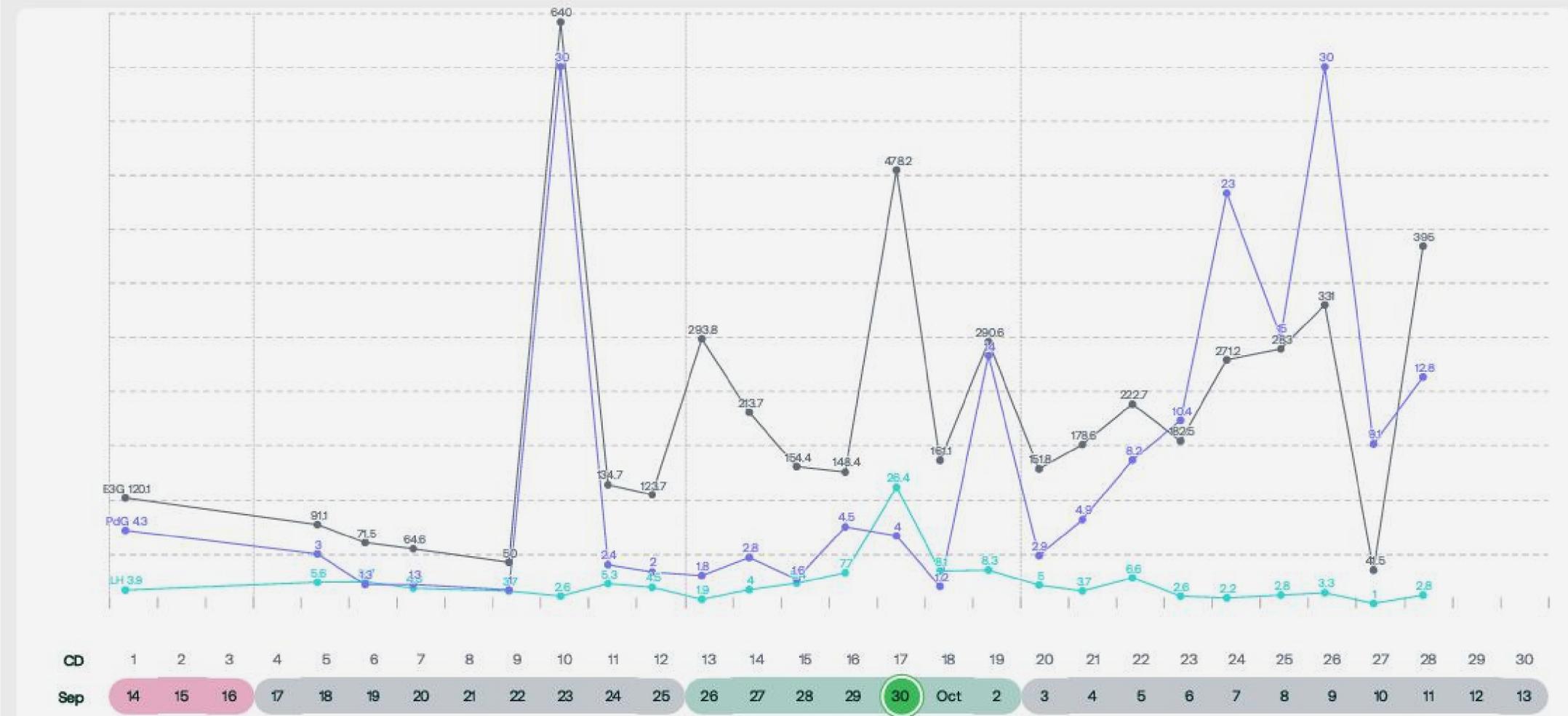
All

LH

E3G

PdG

Sept/Oct 2023



Tracking with Mira: Monitoring Responses to Interventions

After Mira



Mira data discovered

Coordinated E3G rise leading to LH surge

LH surge on CD 20 and 21

Rising PdG confirms ovulation

Conception Cycle

All hormones chart

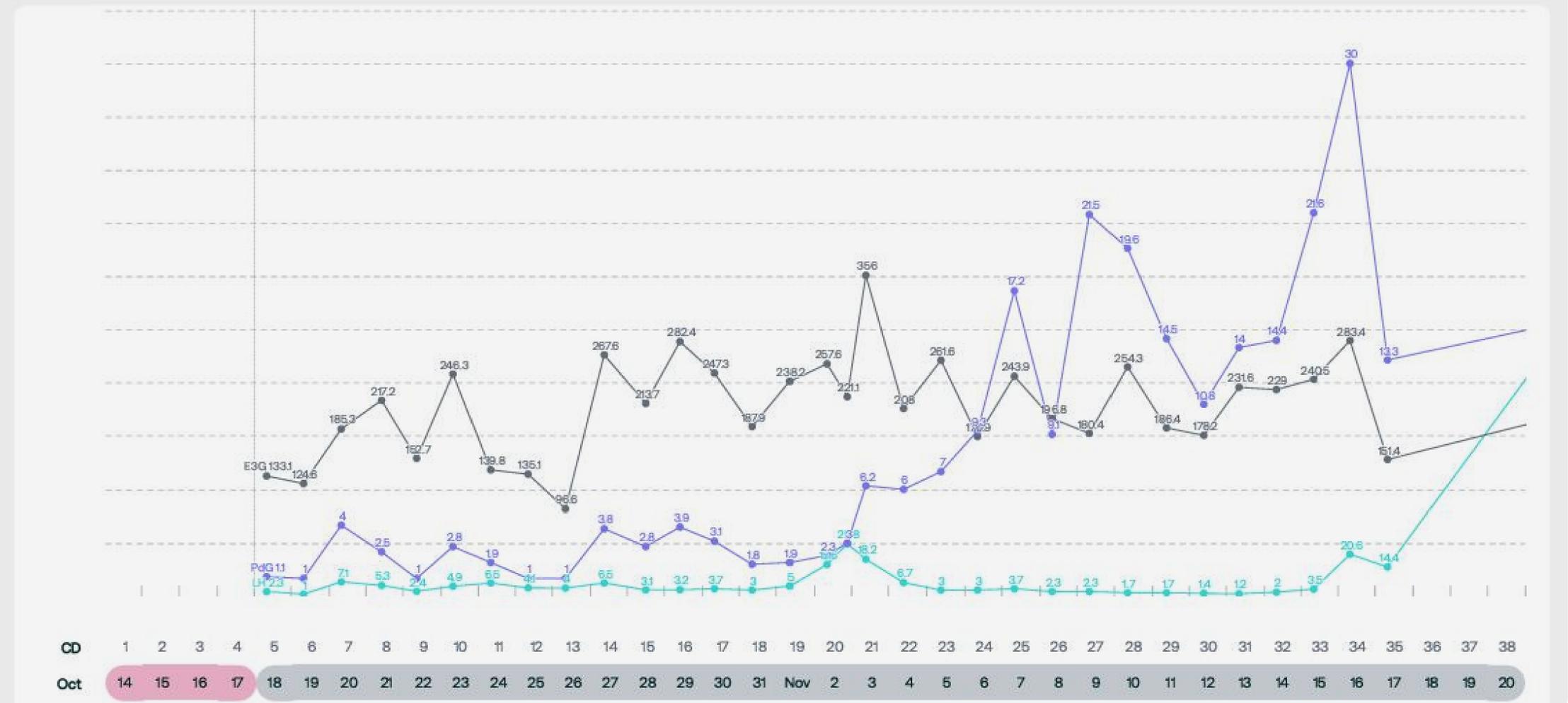
All

LH

E3G

PdG

Oct/Nov 2023





Outcome After Dietary and Supplement Changes



Estrogen dominance significantly improved with dietary changes and DIM supplementation within one cycle



Conceived within 2 cycles