

MADELEINE WHYTE
NUTRITIONIST & HERBALIST



Date: 29/03/2023

Name: Lydia Ryder

Treatment Plan

Primary concerns	<ol style="list-style-type: none">1. Continue to work on anxiety and stress2. Increase iron stores—retest in 3 months3. Reduce abdominal pain—right side, sudden pain4. Monitor thyroid function5. Monitor heavy periods
Naturopathic Explanation	<p><i>Results of your blood indicate that your iron stores are significantly low. Your transferrin is high and transferrin saturation is low which tells me your body wants more iron.</i></p> <p><i>Symptoms of low iron include fatigue, increased heart rate, weakness, dizziness, anxiety, cold hands and feet etc. all of which you are experiencing.</i></p> <p><i>Heavy periods can be both <u>caused by</u> and <u>a result of</u> low iron. We will therefore work on increasing you iron stores and assess whether this has an impact on your periods.</i></p> <p><i>Your TSH and T4 were within range however they were not optimum. We will continue to keep an eye thyroid related symptoms and do further testing if needed.</i></p> <p><i>We will also keep an eye on your abdominal pain. This may be a result of your nervous system slowing down as a result of the supplementation as well as the dietary changes you've made.</i></p>

Treatment Goal	Strategies
Increase iron stores	<ul style="list-style-type: none"> • Increase iron stores by increasing daily consumption of iron rich foods. Foods richest in iron include: <ul style="list-style-type: none"> - Beef, lamb, chicken (darker meat), mussels, sardines, cooked spinach, lima beans, kidney beans and chickpeas. • Eat these iron rich foods with a source of vitamin C eg. Capsicum, cabbage, strawberries, oranges, salad etc. to enhance absorption. • Eat iron rich foods away from dairy sources as this inhibits iron absorption. Separate by at least 1 hour.
Decrease anxiety and modulate stress levels	<ul style="list-style-type: none"> • Continue to balance blood glucose levels and ensure you are eating protein at each meal for neurotransmitter synthesis. • Increase iron stores—above • Tweak supplementation—below. This will assist in brain remodeling (reduce the size of the amygdala and increasing the size of the hypothalamus).
Decrease abdominal pain and promote smooth digestion.	<ul style="list-style-type: none"> • Ensure you are drinking at least 2L of fluids daily. • Eat something bitter 15 minutes before a meal eg. Rocket, radicchio, dandelion greens, grapefruit (a small shot of diluted apple cider vinegar has the same effect). This initiates the release of digestive secretions and promotes the breakdown and passing of food through the GI tract.

Supplement Name	Treatment Objective	Dose
Biomedica Bioheme Iron	<ul style="list-style-type: none"> • Increase iron stores 	1 capsule every second day (this is more effective than taking daily).
RN labs Sublingual Hydroxy-B12	<ul style="list-style-type: none"> • Increase iron stores • Support normal stress and cognition through healthy neurotransmitter production. • Support energy production. 	1 lozenge every second day. Dissolve under tongue.
RN labs L-Theanine powder	<ul style="list-style-type: none"> • Increase GABA levels, the primary inhibitory neurotransmitter. • Reduce stress, anxiety and overwhelm. 	Do not take with benzo diazepam ½ a scoop daily <u>or</u> only when needed during periods of high stress.
Mediherb Nevaton Calm	<ul style="list-style-type: none"> • Reduce cortisol levels • Reduce anxiety • Enhance GABA, dopamine and serotonin. 	½ tablet morning and evening. Increase if you feel the need.
Bioceuticals Calm Bursts	<ul style="list-style-type: none"> • Reduce cortisol levels • Reduce anxiety • Enhance GABA, dopamine and serotonin. <p>Note: these can make your tongue numb for a short period of time</p>	Take only when extra support is needed at times of increased stress and anxiety. Take 1-3 daily. Pop in mouth and chew.

Next Consultation

- We will continue to keep an eye on your thyroid and do further testing if required.
- Focus more on female hormone balance.