Vitae Mosaic Prescription

Name Vicki Burgmann

Date 26/5/23

Practitioner Lisa Hayne

Diet and Nutrition Plan

Goitrogen rich foods, such as cabbage, broccoli, kale, you can still enjoy just make sure you're cooking them to help reduce the levels of goitrogens.

I'd really love you to work towards eating gluten free, to help reduce the attack and inflammation on your thyroid:
Bread - GF bread or wraps (they can be a bit dry, but they're nice toasted)
Pasta - GF pasta or try the Lentil or Pulse pastas. They cook and taste the same.
Crackers - Buckwheat or Quinoa cracker (available in the health food aisle, bottom shelf)
Sauces and marinades - Soy sauce > Tamari, tomato sauce > GF tomato sauce
Flour - the GF plain or SR flour are 1:1 swaps when baking

Lifestyle Plan

Caffeine intake - try and move your last coffee of the day eto mid afternoon and stick to your herbal teas in the evening
Caffeine has a half life of 6hrs, which means half of the caffeine is still in your system 6hrs after drinking.

Turmeric tea - please keep drinking your turmeric tea regularly.

Prescribed Supplements

Imrex - 1 tablet morning and night

BioFlam - 1 tablet morning and night

Tri-mag - 1 tablet daily in the evening

Testing and Pathology

Additional Comments and Follow-up

Practitioner contact details

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