



Benjamin Shaw

Treatment Plan

Practitioner	Maddi Brown
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Health Goals

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- 1: Support energy and reduce morning fatigue
- 2: Stabilise thyroid function, reduce growth of thyroid "hot" nodules and increase TSH levels
- 3: Reduce symptoms and severity of allergic response

Dietary Advice

Dietary Advice

I'm sorry (as I know these changes may be hard to implement - but this is where we really need to make some drastic changes in the short-term to get on top of both your thyroid and your immune response.

No gluten or dairy for the next 12 weeks

- Gluten as we discussed can be inflammatory and can be a key trigger for both thyroid disfunction and autoimmune response. It's also concerning that you are having such a strong reaction to oats so best to eliminate this for the time being.

- Dairy is high in iodine (see below). It is also one of the biggest culprits when it comes to histamine and allergic reaction.

Low iodine diet

We also need to reduce your intake of iodine-rich foods. Iodine is necessary for thyroid hormone production, but in your case we are seeing too much stimulation here. I've attached a handout with some guidance on following a low-iodine diet. I need to stress that this isn't forever but is necessary for at least 6-12 weeks to get the thyroid hormones back in line.

I also want you to go through and all your sports supplementation and cease any that

contain iodine. If you get stuck send me the ingredients panel and I can advise.

Some meal suggestions

Breakfasts on the go:

- Quinoa bircher muesli: <https://www.taste.com.au/recipes/5-minute-quinoa-bircher-seeds-apple-yoghurt/dv1mlrkj> (please use alternative milk and yoghurt - I would suggest a coconut yoghurt)
- Oat-free overnight oats: <https://thetoastedpinenut.com/overnight-no-oats-three-ways-gluten-free-dairy-free/> (same thing here with the milk)
- A smoothie: frozen banana, frozen zucchini, frozen mango, frozen pineapple, hemp seeds, small piece of ginger, coconut water, fresh mint, unflavoured vegan protein powder or collagen powder.
- Chia pudding: <https://minimalistbaker.com/overnight-chocolate-chia-seed-pudding/>
- you can also blend up some strawberries or blueberries with almond milk before mixing with the chia seeds to get a bit of a fruity flavour. You can top this with coconut yoghurt or nuts and seeds

A note on caffeine

As mentioned we want to try and reduce your caffeine intake down to 1 caffeinated drink per day. If you are looking for something to replace your Pepsi with you could try sparkling water, kombucha or ginger ale.

A note on sweetener

sweetener causes what we refer to as "molecular mimicry" and it can wreak havoc on our hormones (which

A note on fragrance

Same as above, artificial fragrance can be really damaging, especially to thyroid and hormone function. I would suggest thinking about switching your deodorant to a natural option. The best is called "no pong". You also want to consider anywhere where you are using fragrance (all cleaning products, exposures etc) and if they are fragranced with anything other than essential oils then its worth swapping them for a non-fragranced option. Feel free to message me if you'd like some recommendations.

Lifestyle Advice

Lifestyle Advice

It's great how you are keeping active. A few things that I would suggest you try to implement:

- On waking can you expose your eyes to sunlight - whether you can mix up your morning drink and sit outside for 5 minutes? Ideally you want to experience direct sun exposure within 10 minutes of waking. This kickstarts your circadian rhythm and can help with energy production throughout the day.

- I would love to see you getting some more "fresh air" - this might be easier once bub arrives as maybe you three can go for a little afternoon walk outside together as a family? A

30 minute walk a couple times a week is a great option, or anything where you are grounding: swimming, spending time in nature, cycling, hiking etc.

- If you've brought all your bedding with you from the previous unit then it could be time to consider changing it or doing a deep clean. Pillows are meant to be changed every year and blankets and duvets hot-water treated to reduce the incidence of dust and dust mites.

Words of wisdom

Words of Wisdom

Remember - you didn't get unwell overnight but it was a gradual progression. Similarly you won't feel "well" overnight but we are putting in the building blocks to get you back to feeling well and reducing your key symptoms

Prescription

Prescription

MagDuo - \$60

This is a high quality bio-available magnesium that is safe for both of you to take. It comes in a berry or a citrus flavour.

Take 1 scoop 1-2 times daily in water - I would suggest taking this once daily except on the days that you train when you should take it twice (morning and night)

Personalised liquid herbs - \$60

Bugleweed, green tea, reishi, rhodiola, elderflower

This blend has been formulated to support energy on waking and through the day, it is also acting on your thyroid directly and has some herbs for immune function, stress support and brain function.

Take 7.5ml in a small amount of water, morning and afternoon (on rising and when you have your afternoon snack)

Personalised nutritional compound - \$69.90

L-carnitine, L-theanine, N-acetyl-cysteine, repairase

This is a powerful blend of nutrients tailored to support your thyroid, reduce allergic reaction and support adrenal function and energy.

Take 1/2 scoop twice daily in a large glass of water (can have at the same time as the herbal)

Activated charcoal - \$21.20

This will help bind to any residual mould or toxins in circulation.

1 teaspoon (2 g) mixed with half a glass of water; Follow with a glass of water. Do not take within 3 hours of any of the above prescription (can you take this before or after your lunch?)

Referrals / Further Investigations

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Gut Microbiome Map

I've sent you the link to order the Gut test kit. The sooner you can order this the better as you need to send the sample back on a Monday or Tuesday next week. Please use this

code to get the 30% off: **BROWN_COBIOME_30**

Further blood tests

Please send me through your results when you get them (I think you said Thursday?). If the below are not included in your current results then please request the GP does them:

- Full thyroid panel (TSH, Free T3, Free T4, Reverse T3, TPO (thyroid peroxidase), Thyroglobulin Ab & AbII
- Fasting glucose, Hb1ac, fasting insulin
- AM Cortisol
- CRP + ESR (for correct interpretation of mineral assays)
- Active B12
- Iron Studies
- IgE