

Treatment Plan

For: Renee Mitchell

Date: 14/11/23

Your goals:

"Improve my overall health. Reduce panic attacks. Support/improve my immune system. Support my health for perimenopause. Want to feel alive and energetic for my kids. Want to feel good - have put on a bit of weight."

Summary of key issues suspected or identified (at this stage):

Low energy	5/10
Low mood	5/10
Moderate-high stress	7/10

- History of low iron, current low ferritin, borderline low haemoglobin - all essential for energy, healthy mood/mental health, thyroid function, cognition and memory
- Low Vitamin D - required for healthy thyroid, mental health/mood/cognition, immunity
- Low-normal T4 - from autoimmune effect, plus having low multiple nutrients required for this process (iodine, iron, zinc, selenium, tyrosine, Vit D, Vit C, Vit Bs)
- Presence of thyroid antibodies - these (TPO) block the enzyme involved in thyroid hormone production, and contribute to inflammation/oxidative stress on thyroid tissue
- Borderline over conversion/high Reverse T3 (metabolic break) Driven by various issues (e.g. stress/high cortisol/adrenal burnout, calorie/carb deficit, low blood sugar, low iron, poor gut health, inflammation, imbalance in microbiome... amongst others). High RT3 will block the cellular uptake of T3, therefore experiencing ongoing symptoms of hypothyroidism
- Gut function: low nutrient/s status, query inadequate digestion, food sensitivities, bloating/gas, constipation/sluggish bowel, IBS, dysbiosis, Hashimoto's driver, and affecting hormonal detoxification
- Suspect further nutritional insufficiencies/deficiencies: 2 pregnancies in ~2 years, plus breastfeeding, with minimal prenatal & postnatal supplementation support. Plus poor gut/digestive health
- Moderate, current stress levels

To discuss further/focus on, in future:

- Noted, premenstrual symptoms & various 35y+ symptoms (pre-perimenopause) 5-7 days before period onset: reflective of some degree of hormonal imbalance (involving oestrogen & progesterone) and/or oestrogen detox and clearance (including liver & bowel)
- Dietary choices, and intake of adequate amounts of protein, healthy fats/omega 3 throughout daily diet
- * Query healthy blood sugar balance over the day (will effect your energy, mood etc)
- * Daily fluid intake

Testing

1. Urinary Iodine Test - we didn't get to discuss this, but iodine is an essential for thyroid function/hormone production. Before supplementing, and especially within the presence of antibodies, a baseline level must be tested to establish a safe treatment parameter. This is a one-time, morning urine test.

- You'll receive an email from Nutripath asking you to finalise this test request. You pay the lab direct, then you'll receive the collection kit with instructions in the mail. Results are back (to me) within 7-10 days. Cost is \$89.

2. GI-MAP*- Comprehensive Stool Analysis is the gut/stool testing I was referring to. It's an extremely comprehensive, highly sensitive and specific stool test. It relies exclusively on qPCR (quantitative polymerase chain reaction) technology to detect intestinal parasites, bacteria, viruses, fungi (amongst others) by targeting the specific DNA of the organisms tested.

It also tests for digestive function markers, leaky gut, pancreatic function, gut immune response and gut-mediated inflammation that gives us a clear view of what's happening. And, how this is affecting your digestive, immune, metabolic and neuroendocrine systems. It allows me to formulate effective treatment that's unique to you.

- You'll receive an email from Designs for Health Australia asking you to finalise the test request. You pay the lab direct, then you'll receive the collection kit with instructions in the mail. Results are back (to me) within 3 weeks of you posting your sample off. Cost is \$440. I appreciate this is an investment.

*GI-Microbial Assay Plus

FYI: A PCR 'stool test' done through a doctor relies only microscopy and culture methods, which limits its sensitivity. It has a limited number of analytes, no assessment of beneficial flora, and no – or very limited- intestinal health markers.

3. Thyroid Ultrasound - As discussed, see your doctor for a referral for a thyroid ultrasound to assess autoimmune affect on thyroid gland tissue and to check for thyroid nodules.

First steps

What I want to start working on

While we're waiting on your **iodine** and **gut test** results, I'll start supporting your thyroid with the 'essential thyroid nutrients'. But I'll hold off giving you any iodine until I know your level.

I've also brought in autoimmune support, to help modulate your immune system, reduce your antibodies and therefore protect your thyroid.

A few dietary changes: add protein (animal or plant based; google these) and good fats (eg. avocado, goats feta in scrambled eggs) into your breakfast. Prep a little for this. Ensure lunch is protein rich also, this will help the afternoon sugar snacking. Aim to increase your water intake >2 litres. Mix up with herbal teas (cooled or warm). Also start trying out some non-dairy alternatives. More dietary suggestions to come.

Prescription

I've created your prescription for you in [Vital.ly](https://vital.ly), my online dispensary.

If you don't have an account here already, you'll receive an 'invite email' asking you to create an account.

You'll then be able to see your script from me.

All dosage/instructions are shown within the online script, and explained below.

Purchase your products directly from Vital.ly and they'll be posted to you. Shipping takes 5-10 days.

Product	Why I've prescribed it	Dosage instructions
Organic Iron Complete	Practitioner-grade, bioavailable form of iron plus co-factors, B12 and zinc. Needed for energy, haemoglobin/red blood cell production and function & for thyroid health.	Take 1 capsule 1 x day with a meal. Don't take within 1 hour of tea/coffee. Don't take within 4 hours of your thyroxine or with a heavy calcium meal (e.g yoghurt, milk).
MagTaur Xcell	A bioavailable magnesium, with taurine and activated B vitamins (including B12) and zinc: for energy, muscle health, mood, adrenal and nervous system support.	Add 1 level scoop into water, 1 x day with lunch. Perhaps take a smaller container of the powder with you to work for convenience, if required.
Rapid D	An active form of Vit D, that bypasses the liver increasing a higher uptake by the body. Helps get levels up quickly.	Take 1 tablet at lunch with MagTaur Xcell. As Magnesium and Vit D need each other to work in the body.
Myo-inositol	Immune-modulating/support for thyroid autoimmunity, support healthy blood sugar and nervous system.	Take 1 scoop, 2 x day away from meals. If tolerated (no digestive upset) increase to 1.5 - 2 scoops, 2 x day after 1 week.
Imrex	Medicinal mushrooms, antioxidant herbs plus specific nutrients (incl selenium) for Hashimoto's; immune modulating, antioxidants & anti-inflammatory.	Take 1 capsule, 2 x day, with water. With or without food.

If you have any questions about your script or products, please get in touch any time.

Next time

Once your **iodine** and **gut test** results are back, I'll let you know so you can book a First Follow-Up Consultation.