

Your Treatment Plan: First Follow-up Consultation

For: Suzie Short

Date: 07/11/23

Summary of key issues discussed in consult

1. Blood test review:
 - Low B12 - 236 (optimal 600+)*
 - Low/normal folate - 26 (optimal 35-40)*
 - Low zinc - 10 (optimal 15-16)*
 - Low ferritin - 41 (optimal 70-80)*
 - Low/normal Vit D - 95 (optimal 120-125)
 - Low cholesterol
 - High Reverse T3 - 580 (optimal 200-250)
2. *To begin supplementation to support these identified areas (see Prescription below). Aim for small daily or every other day sun exposure to increase your Vitamin D synthesis naturally.
3. Discussed **high Reverse T3 implications** (i.e blocking active T3 uptake into cells, therefore leading to 'hypothyroid symptoms', although other thyroid results are good 'on paper'.)

At this point, aim to **reduce the suspected drivers** of this high Reverse T3 conversion. By addressing the factors the body is interpreting as 'stressors'; physical (prolonged fasting? restricted eating window? nutrient insufficiencies? overtraining (in context with current lack of energy reserves), mental/emotional (work/life stress).
4. Discussed **modifying current IF regime**. Perhaps break fast at 10am and/or limit IF to 3-4 days/week.
5. Discussed increasing overall intake **healthy fats/omega 3**: will add in a supplement, but also begin adding a little into diet for the fat-soluble vitamins; avo/avo oil, flax/flax oil, walnuts, seeds: chia, pumpkin, hemp (go well into salads) Or add an mixed seed oil blend as salad dressing eg.
<https://andreasseedoil.com/products/five-seed-oil-blend>
6. Discussed increasing overall intake **healthy fats/omega 3**, and increasing **'pro-metabolic' carbs**, ie. carbs that provide energy to our cells so they can function optimally. This includes brain cells, muscle cells, nervous system/adrenals, hormones, digestion, thyroid etc. Carbs help replete your backup fuel (liver glycogen) so you're not drawing on stress hormones for 'fuel' (recipe for burnout).

Consider starting with/trialling whole fruit, root vegies, basmati rice, GF/buckwheat wraps, sourdough etc?
Always have protein and fat with your carbs for optimal blood sugar balance.

On workout days: definitely need some carbs on board before training and also afterwards to aid recovery.
Think either some simple & starchy carbs on HIIT and strength training days.

Prescription

Please log in to your [Vital.ly](https://vital.ly) account to see your personalised prescription.

All dosage instructions are shown within your online prescription and are also explained below.

Purchase your products directly from [Vital.ly](https://vital.ly) and they'll be posted to you.

Product	Why I've prescribed it	Dosage instructions
MagTaur Xcell	A bioavailable magnesium, with taurine, activated B vitamins (including B12) and folate: for energy, muscle health, mood, adrenal and nervous system support.	Add 1 level scoop into water, 1 x day with lunch.
Organic Iron Complete	A bioavailable form of iron plus co-factors and B12 and zinc. Needed for energy, red blood cell production and function.	Take 1 capsule 1 x day with a meal. Take <u>away</u> from tea/coffee, by at least 1 hour, and don't take with a heavy calcium meal (e.g yoghurt, milk)
MetaPure EPA/DHA	Highly purified and concentrated fish oil for omega 3 essential fatty acids (EPA/DHA) due to lack in current diet. Helps improve mood, reduce stress and support boost concentration. Lowers inflammation in the body.	Take 2 capsules, 2 x day with food.
Zinc Protect	Combines two forms of zinc and vitamins C, E and B6, with manganese, selenium and micro-algae extract.	Take 1 tablet, 1 x day before bed (do not take on an empty stomach).
AdrenoTone	Blend of herbs to help support your nervous system, decrease mental fatigue, support a healthy stress response, support physical endurance and relieve fatigue.	Take 1 tablet, 2 x day with food. Avoid having after 4pm, just in case it's too stimulating.

Next time

Let's aim to check after you've been taking your products for **3-4 weeks**.

In the meantime, let me know when you send off your vaginal microbiome sample so I can check its progress from my end.

Otherwise, please book a '[Follow-Up Consultation](#)' in the new year. I'm back in clinic from 9th Jan.
