

## Your Treatment Plan: Follow-up Consultation

**For:** Caitlin Ellis

**Date:** 15/02/24

### Summary of key issues discussed in consult

#### 1. BLOOD TEST REVIEW:

- Low vitamin B12 - 310 (optimal 600+)
- Low vitamin D - 72 (optimal 120-130)
- High normal MCV - 90 (optimal 82-89) reflects size of red blood cells, linked to low B12
- Low/normal zinc - 14.9 (optimal 15-16)
- Low/normal selenium - 1.3 (optimal 1.8+)
- Low/normal haemoglobin - 128 (optimal 135 -140)
- Low ferritin -18 (optimal 70+)
- Low transferrin - 2.06 (optimal 2.5) - linked to inflammation
- High/normal platelets - 357 (optimal 250-400) linked to inflammation
  
- High/normal CRP - 3.3 (optimal 1-3) (reflective of inflammation burden; likely the insulin at this point)
- High HbA1c - 5.7% (optimal 4.6-5.3)
- High fasting glucose - 5.6 (optimal 4.2-4.8)
- High fasting insulin - 16 (optimal 3-5)
- Low HDL (good cholesterol) - 1.1 (optimal 1.4-5)

***These results are reflective of insulin resistance.***

- High/normal TSH - 1.56 (optimal 0.5-1.5)
- Low T4 - 12.7 (optimal 15-18) the nonactive thyroid hormone; how much the thyroid is making
- High/normal Reverse T3 - 354 (optimal 200-250) inactive hormone 'blocking' receptor sites for the active T3 hormone to do its job optimally. Reflects some T4 > T3 conversion issues (often thyroid nutrient related and will be worsened with an inflammatory burden (eg. high insulin/insulin resistance/presence of thyroid antibodies)
- High/normal TPO antibodies - 52 (optimal 0-30) indicates an autoimmune (immune system) response towards thyroid gland (therefore affecting its optimal function).

***Thyroid function results reflective of suboptimal thyroid function.***

## 2. IODINE URINARY TEST:

Iodine is an essential nutrient for thyroid hormone (T4) production. Before introducing an iodine supplement it's important to test, especially in the presence of thyroid antibodies. I've requested the test from my end (with Nutripath) so you should receive an email from the lab to finalise payment, then they send you the collection kit.

## 3. SUPPLEMENT REGIME:

Begin supplementation to support identified areas (see Prescription below).

### Prescription

I've created your prescription at [Vital.ly](#), the online dispensary service I use. You should have received an email notification. Please log in to view your script.

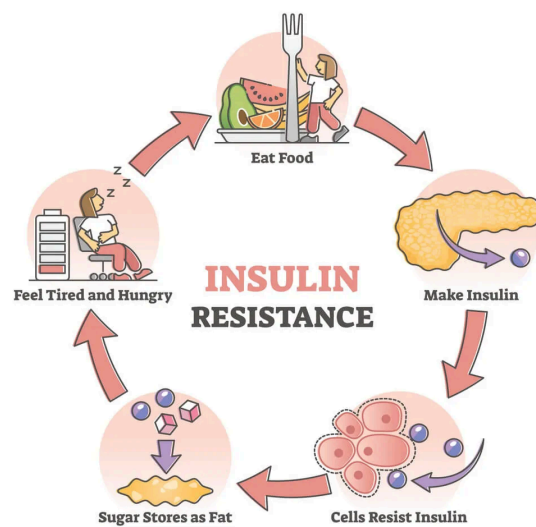
Product	Why I've prescribed it	Dosage instructions
BioHeme	Bioavailable <u>iron</u> , enhanced with lactoferrin for enhanced absorption.	Take 1 capsule every 2nd day with breakfast. Allow at least 1 hour from caffeine.
Liposomal Vit D3 spray	Highly absorbed <u>vitamin D</u> supplement for thyroid and metabolic health.	Use 1 spray, 2 x day under the tongue & hold in mouth for 30 seconds before swallowing. Take on an empty stomach (before or in between meals). Keep in fridge.
Metibol Xcell	Herbal and nutritional formula to support healthy blood sugar metabolism. <b>Nigella sativa</b> also supports reduction of thyroid antibodies.	Take 1 capsule daily with a meal. Especially one with a higher carbohydrate load (e.g
MagTaur Xcell	Combo of magnesium, taurine, zinc, glutamine, vitamin C and activated B vitamins, including <u>B12</u> , plus <u>zinc</u> . For energy, muscle health (including uptake of excess glucose), healthy nervous system and mood balance. Supportive to cardiovascular system and also complements the work of Metibol Xcell.	1 scoop in water , 1 x day. Take with or soon after a meal.

#### 4. DIETARY CHANGES:

The focus is to stabilise your blood sugars over the day. This is done by ensuring your meals (and snacks if need be) have a greater focus on protein and healthy fats, alongside some healthy carbs\* These healthy fats will also help your HDL levels.

When each of your meals contain 25-30gms of quality protein, you'll notice greater satiety after and in between meals, better energy, concentration and less hunger/hanger/'need to eat' symptoms. Your blood sugar spike will not be as high and therefore your insulin response will not be as high.

These dietary changes along (with supportive supplements) will help increase your insulin sensitivity, which in turn will enhance the uptake and metabolism of your blood sugar. The goal is a decreased blood sugar and insulin level overall, reflecting a healthier metabolism.



Start with:

1. **Break your overnight fast with a savoury (over sweet) breakfast rich in protein & healthy fats.**  
Include protein of your choice (eg. 3-egg omelette with cottage cheese added in). Always add healthy fats (e.g 1/2 avocado) and if you feel you need, some complex (unrefined) carbohydrates (google your options here).
2. **Avoid eating carbs on their own** (eg. snack of 1 banana). Always look to pair carbs with some protein and/or good fats (eg. high protein yoghurt plus a sprinkle of some nuts & seeds).
3. **'Carb check' your plate** - are carbs the dominant feature (e.g breads, pastas, grains/rice etc)? Instead make protein the dominant feature, followed by veggies (salad, steamed/roasted veg) and some healthy fats (e.g olive oil/lemon salad dressing or small cold drizzle over roasted veg. Fibre from veggies helps slow the uptake of blood sugar from gut and also aids digestion and detox pathways.
4. **Make protein the feature** of the meal - aim for 25-30gm of protein at each of your main meals. Google how this equates to foods e.g. 1 egg = 6gm, 100gm chicken breast = 31gm, small tin tuna = 15gm.
5. **Look to include more fish/fatty fish into your diet** eg. salmon or sardines (good for making toddler-friendly patties also) Great source of protein and healthy, anti-inflammatory oils.

Google will give you lots of options of 'high protein breakfast ideas'. You need to enjoy eating the particular foods.

Planning a little ahead will also help: cooking homemade burger patties, beef/chicken meatballs, roast chicken meat, quiche/frittatas, salmon patties etc so they are ready to grab from the fridge (or cook extra at dinner to use for protein hit for lunch the following day). For example, pair with mixed salad, sprinkle over some chia and/or hemp seeds, some chopped nuts (eg. (brazil, walnuts, almonds). Make a homemade dressing up 1 x week keep in fridge to use.

### Next time

Let's check in again when you've been taking your prescribed supplements for 4 weeks.

In the meantime, monitor how you're feeling overall. Please complete your urinary iodine test and we'll also discuss these results at our next appointment (Follow-Up Consultation - 30mins).

If you have any questions about your Treatment Plan or your products, please get in touch.

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