

Your Treatment Plan: Follow-up Consultation

For: Caitlin Ellis

Date: 26/03/24

Summary of key issues discussed in consult

1. REVIEW OF DIETARY CHANGES:

- Good work with your changes to food choices to stabilise your blood sugar, and therefore your insulin levels. Over time, this balance of macros (protein/fats/carbs) and 'spacing of meals' (because you're so satiated) allows blood sugar levels to regulate, with less of huge spikes and huge dips.

As insulin follows/responds to blood sugar, the insulin demand (the regularity and amount) will be decreased. Then your cells will begin to switch on their sensitivity to insulin again (as they are no longer 'saturated' by it). This then allows the cells to receive/let in the energy (glucose) they require to spark their own mitochondrial powerhouses.

The result is energy for the cells/organ/body systems/you. At the same time, the decrease in insulin levels lowers the 'fat-storing' capacity of insulin. Excess fat is inflammatory, stresses the body and messes with hormonal signalling. This dual effect of balancing blood sugar and insulin is the goal. High blood sugar and high insulin levels are also pro-inflammatory to the whole body.

- Check out [@theglucosegoddess](#) on Instagram, or her book [Glucose Revolution](#) for more info.
- If you're interested in trialling a **Continuous Glucose Monitor** (CGM) check out FreeStyle Libre www.freestylelibre.com.au
- Adding ½ - 1 serve of a quality **protein powder** into your morning smoothies look into At Health:

<https://www.athealthaustralia.com.au/products/naturally-natural-protein-powder> (unflavoured)

<https://www.athealthaustralia.com.au/collections/protein-powder/products/naturally-vanilla-protein-powder>

- Look for Nutty Bruce **Almond Milk** as a level up from Sanitarium brand (its free of gums and oils)
<https://drinkbruce.com/pages/nutty-bruce-unsweetened-activated-almond-milk-au>
- Look for GF Precinct for **gluten free** wraps/breads etc
<https://www.gfprecinct.com.au/our-products>

2. TRACKING CYCLES & BASAL BODY TEMPS (BBT):

Consider getting an App that records and tracks your cycles, and begin using your BBT to get insight into your follicular and luteal phases, and if/when you are ovulating. Eg. **Flo, Fertility Friend, Kindara, Temp Drop, Natural Cycles** (some a free, some not)

This can provide a wealth of information into your hormonal health, and can really help me guide you more specifically (more on this below). They are also invaluable when you're looking to conceive.

3. THE HORMONE HIERARCHY

Our entire hormonal system is like an orchestra. There are groups of hormones with specific roles and actions, just like the different sections of an orchestra. When all are communicating well with each other (listening and responding) everything is usually optimal and balanced (and sounds amazing). If one area goes 'out of time' or 'out of tune' (underactive, overactive, non responsive etc) there will be knock-on effects that become noticeable within the orchestra's performance.

Assessing - and addressing - any imbalance within the foundation (Tier 1) is critical, because this alone can disrupt the entire system that is built upon it.

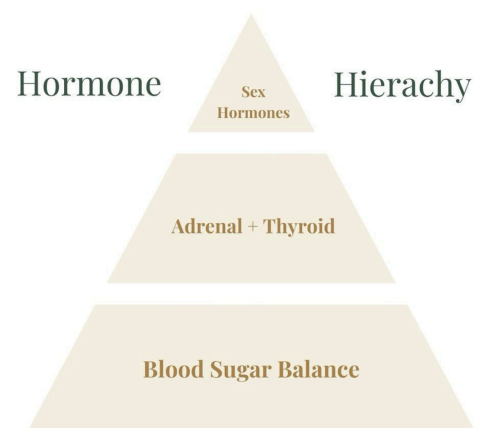
In your case, we've already discovered the foundational issues of **insulin** (Tier 1) and have begun working on these.

The suspected issues with your **thyroid** (Tier 2) have now been confirmed we'll now begin to work on these also.

I'm now querying the top tier (oestrogen, progesterone, testosterone etc) and if you may have some high androgens due to your high insulin, that are interfering with healthy ovulation/ healthy cycles (insulin-resistant PCOS)?

For when you have impaired ovulation, you'll have low progesterone. And, as progesterone typically helps to lower androgens and improve insulin sensitivity, this cycle of high androgens and high insulin continues. The trick is to break the cycle.

Tracking and recording your cycles and your BBT is a great place to start either way. And working on Tier 1 and Tier 2 will of course help. We can discuss (perhaps) testing your androgens with your next blood test (or before if you prefer).



4. REVIEW OF IODINE RESULT

Urinary iodine result of **49.3** (<50ug moderate - severe deficiency). The optimal target for iodine is **130-150**.

Iodine is an essential requirement for the thyroid gland to make thyroid hormones T4 & T3. This result correlates with your thyroid results; specifically low T4, and high Reverse T3 (refer to previous Treatment Plan for explanations). I've brought thyroid support here (see below).

4. SUPPLEMENT REGIME

Continue on previous supplements as before (below) and add in additional supplements (shown on next page)

Product	Why I've prescribed it	Dosage instructions	How long to take it for
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.	Until next blood test, approx 3 mths since the last
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.	Until next blood test, approx 3 mths since the last
Metibol Xcell	Herbal and nutritional formula to support healthy blood sugar metabolism. Nigella sativa also supports reduction of thyroid antibodies.	Take 1 capsule daily with a meal. Especially one with a higher carbohydrate load (e.g	Until next blood test, approx 3 mths since the last
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 LUNCH .	Until next blood test, approx 3 mths since the last

Additional Prescriptions

Product	Why I've prescribed it	Dosage instructions	How long to take it for
ThyRestore	Specific herbal & nutritional support for healthy thyroid hormone production, and systemic hormone conversion. Contains iodine.	Take 2 capsule daily with breakfast.	For at least 3 months - to discuss
Myo-Inositol	To complement and enhance the actions of Metibol Xcell (for blood sugar/insulin regulation) and to support reduction of thyroid antibodies.	First 2 weeks: add 2 level scoops (provided) into ½ glass of water 1 x day. Take in between or away from meals. After 2 weeks: increase this to <u>2 x day</u> . Take in between or away from meals.	For at least 3 months - to discuss
Clinical Lipids 2:1	Highly concentrated essential fatty acids (EPA + DHA) for lack of dietary omega 3 source, for anti-inflammatory effects and to support cognition, mood, cellular membrane health (for hormone receptor sensitivity).	Take 1 capsule, 3 x day with a meal. KEEP IN FRIDGE.	For at least 3 months - to discuss

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

Next time

Let's check in again when you've been taking your 3 new prescribed supplements for 4 weeks. Continue on all previous supplements as directed.

In the meantime, monitor how you're feeling overall (eg. energy, period, libido, bowels, changes to weight/fit of clothes etc) and make quick notes if necessary. Please look into the cycle apps, or at the very least begin taking your basal body temperature every morning and record readings. You can then plot these onto a blank template. You can find these online - just ensure they're in °C and not °F.

Next appointment: Extended Follow-Up Consultation - 45mins.

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