

Treatment Plan

For: Emily Chapman

Date: 08/05/24

Summary of key areas requiring attention and identified via testing:

1. Urinary iodine test result - 46.2 (< 50ug - 'moderate to severe deficiency') *optimal is 150*

2. Recent blood test results:

Low **Vitamin D** - 59 *optimal is 120*

Low **Vitamin B12** - 258 *optimal is 600+*

Low **Zinc** - 13.6 *optimal is 16-17*

Low/normal **globulin** - 25 (can be related to low dietary protein and/or reduced protein digestion)

High **ferritin** - 265 (the stored form of iron, result of iron infusions, can be inflammatory to the body)

High/normal **TSH** - 2.9 *optimal 0.5-1.5* (shows the thyroid is being asked to make more hormones)

Low **T4** - 11.2 *optimal is 15-17* (the inactive/storage thyroid hormone)

Low **T3** - 4.6 *optimal is 5.5-6* (the biologically active thyroid hormone)

Initial focus areas:

1. **Subclinical hypothyroid gland function:** Support the overall health and function through repletion of the thyroid supportive nutrients (ie. iodine, selenium, zinc, vitamin D, tyrosine, B-vitamins, vitamin A) and see how the thyroid responds to this support.
2. **Digestion/Elimination:** Support your digestive function through HCL/enzyme supplement and support the gut microbiome; to enhance digestion of protein, carbohydrates and fats, absorption of nutrients, detoxification and optimal elimination through the bowel.

Other notes:

- Good idea to reduce the high intensity daily cardio and replace some sessions with strength training, especially because your body is not 'firing off all cylinders' right now, and the extra demand becomes a stressor on the body.
- You can continue with your Magnesium Glycinate capsules at night.

- Consider looking into a good quality water filter system that effectively removes **fluoride and chloride** as these notoriously block the uptake of iodine into the body eg. Zazen <https://zazenalkalinewater.com.au/>
- Dietary sources iodine to consider adding into your diet include; fish/shellfish (cod, oysters, shrimp), Kelp Salt or Celtic Sea Salt (use either of each or a combination as your everyday salt), seaweeds (nori, dulse flakes, kombu, wakame), eggs
- Avoid the soy products - tofu, soy cheese/milk - for now whilst we're trying to replete your iodine. You may have good quality fermented soy products (miso, natto, tempeh) if desired.
- Running blood tests for your hormones whilst you're on Implanon or Mirena can often skew the results
- When beginning any digestive/bowel support some people *may* notice an increase of bloating, flatulence and/or looser stools as things are 'stirred up' and moved along a little. This should subside and an overall improvement in digestive discomfort/bowel patterns should follow.

Your Prescriptions

Product	Why I've prescribed it	How to take it	How long to take for
MagGI Restore	Multi mineral and vitamin blend to support energy levels, thyroid health, stress response, gut health, digestion & assimilation of nutrients. Also contains B12, iodine & zinc.	Mix 1 scoop in glass of water, 1 x day with <u>lunch</u> .	Until next advised
ZymeGest	Broad-spectrum digestive enzyme supplement for gastrointestinal support; supports digestion of protein, fats and carbohydrates.	Take 2 capsules up to 30 mins before a meal, 2-3 x day. Take particularly before large/main meals.	Until next advised
Biome Lax Probiotic	2 specific probiotic strains to support bowel regularity and reduce the occurrence of abdominal bloating.	Take 1 capsule daily, with or without food, any time No refrigeration required.	Until next advised
Rapid D	An active form of Vitamin D, raises levels up to 3x quicker than standard vitamin D.	Take 1 tablet daily with any meal for 4 weeks. After 4 weeks, reduce to taking 1 tablet, 2 x week (e.g Tues & Thurs)	Until next advised
Iodine & Tyrosine	Additional iodine (to replete very low level) with tyrosine for thyroid hormone production support.	Take 1 capsule daily with any meal.	Until next advised

Next time

As mentioned, please book in a Follow-Up Consultation (30min) after you've been taking your prescribed products for 4 weeks.

Please also record a 3 - 4 day food diary in the week prior to our next appointment, and upload to your MyAppts account or email through.

If you have any questions about your Treatment Plan or products between now and your next appointment, please email me.