

Treatment Plan

For: Kylie Whybird

Date: 08/05/24

Summary of key areas requiring attention and identified via testing:

Recent blood test results:

Suboptimal **Vitamin D** - 72 *optimal is 120*
Suboptimal **Vitamin B12** - 472 *optimal is 600+*
Suboptimal **Zinc** - 13.4 *optimal is 16-17*
Suboptimal **Folate** - 17 *optimal is 35*

Low **ferritin** - 27 (the stored form of iron, what our body draws on to use)

TSH - 1.4 *optimal 0.5-1.5* (shows the thyroid is being asked to make more hormones)
Low **T4** - 10.1 *optimal is 15-17* (the inactive/storage thyroid hormone)
Low **T3** - 3.8 *optimal is 5.5-6* (the biologically active thyroid hormone)
High **Reverse T3** - 355 *optimal 250* (an inactive form and blocks up T3 receptor sites)

Borderline Fasting Blood Glucose - 5.4 / 5.1 *optimal <5.0*
High/normal HbA1C - 5.4% *optimal 4 or 5* (3 months report card on blood glucose levels)
Suboptimal insulin - 6 *optimal 3-4* (involved in blood sugar control, the 'fat storing' hormone)

Initial focus areas:

1. **Subclinical hypothyroid gland function:** Support the overall health and function through repletion of the thyroid supportive nutrients (ie. iron, iodine, selenium, zinc, vitamin D, tyrosine, B-vitamins, vitamin A) and see how well your thyroid function responds to this support.

With a T4 of 10, you likely have low iodine level so I suggest getting this tested as a benchmark. I have arranged this urine (at home) test through Nutripath Functional Pathology. You should receive an email from them to finalise the test order.

NB: Stop taking the MagGI Restore 3-5 days prior to doing the iodine test (as it contains some iodine) so it doesn't skew the results.

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, plus optimal detoxification and optimal elimination through the bowel.

Other notes:

- Please stop the MSM / M Body and CalmX powders for now.
- 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

I have created your script in Vital.ly, you should have received an email invitation to join. Log in to see script.

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, folate, Vit D & 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
Ultra Flora GI Regulate	A blend of a probiotic and prebiotic food to support digestive health and bowel regularity.	Start with 1 tspn mixed with water 1 x day (tasteless) If well tolerated, increase to 2½ teaspoons, 1 x day in water. Can mix with MagGI Restore. KEEP IN FRIDGE.	Until next advised
Clinical Lipids 2:1	Highly concentrated essential fatty acids (EPA + DHA) for lack of dietary omega 3 source, for anti-inflamm effects, to support cognition, mood, cellular membrane health (for hormone receptor sensitivity).	Take 1 capsule, 3 x day with a meal. KEEP IN FRIDGE.	Until next advised
BioHeme	Bioavailable and well absorbed iron.	Take 1 capsule, <u>every 2nd day</u> . Take away from coffee, tea, dairy products by 2hrs.	Until next advised
VegNAC	Antioxidant support, supports liver detox pathway and supports hormone health.	Take 1 capsule, 2 x day with any meals.	Until next advised

Next time

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

Please have urinary iodine test during this time (*avoiding MagGI Restore for at least 3 days prior*) so I have these results prior to next appmt.

As mentioned, 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.

Also, if you have any further blood test results/GP updates re liver function please let me know.