

Your Treatment Plan: Follow-up Consultation

For: Kylie Whybird

Date: 12/07/24

Summary of key issues discussed in consult

1. Review of supplement regime after 4-5 weeks. Going well with the products overall and beginning to experience some positive changes. Continue as advised, and I will add in **Iodine Drops**.

2. Urinary iodine result - 65.2 (mild-moderate iodine deficiency) Optimal is 120-150.

The body simply can't make thyroid hormones without iodine. T4 (hormone) has 4 iodine atoms, T3 (active thyroid hormone) has 3 iodine atoms. A healthy adult body contains 15-20mg of iodine, of which 70-80% is stored in the thyroid gland (iodine is also concentrated in the breasts). Pregnancy and breastfeeding deplete the iodine stores from the mother's body to help the baby develop and then use, their own thyroid gland.

Australia has very poor soil content of iodine since the 1930's, hence the decline of iodine in our food chain. The same is true for the mineral selenium. The two minerals work together; selenium has a role in iodine metabolism and both are required for thyroid hormone production. Iodine is also needed for brain health (alertness, IQ), muscular health (pain, fibrosis/fibromyalgia, nodules), ovaries (PCOS), breasts (fibrocystic breast disease).

You are getting 150ug of iodine per serve of your MagGI Restore (but very little through your diet as it's found in seaweed/nori/dulse flakes, shellfish, kelp salt, Celtic sea salt). This amount (150ug daily) is OK to maintain health levels but not to replete your levels, so I have added in Iodine Drops into your script.

Other recommendations

1. Having breakfast within 60 minutes of waking is supportive for your nervous/stress system, your blood sugar levels, and provides nourishment and nutrition for your body.

There are no 'breakfast foods', it's all just food! But find something that works for your busy mornings. Consider your homemade granola and/or smoothies (prep the ingredient in smoothie container the night before, then add the liquid in just before blending).

Look to add in **protein, fibre** and **fat** sources into your smoothie:

- **Protein:** use natural yoghurt and/or great quality, unflavoured and/or vanilla protein powders:

<https://www.athealthaustralia.com.au/products/naturally-natural-protein-powder> 27.2g protein per serve

<https://www.athealthaustralia.com.au/collections/protein-powder/products/radiant-body-with-collagen> 19.5g protein p/s

- **Fibres:** try adding in 1 tablespoon of flaxseed meal or LSA meal (linseed, sunflower, almond), usually found in woolies or health food stores). Fruits such as berries (and avo) also provide great fibre.
- **Fats:** try adding in 1/4 - 1/2 avocado, this will thicken it up, make it creamy and helps you feel satiated. And/or try a tablespoon of almond butter or 6-10 fresh almonds will blend down, or full fat dairy yoghurt will also provide fats, as will a splash of coconut cream. Experiment!

2. MORE FIBRE IN DAILY DIET

The smoothie (with fibre) will help, but also consider fresh salads or veggies to accompany your meals.

- Getting enough fibre is essential for perimenopausal mamas. Supporting our bowel function supports our **pelvic floor health** (ie. no straining, increased pressure on an already potentially vulnerable area after pregnancies/birth and as our hormones eventually decline). Pelvis organ prolapse affects about 50% (!) of women (to varying degrees). One contributing factor is constipation. It's always best to stay ahead of this.
- Fibre also **feeds our good bacteria in our gut**. Our 'gut microbiome' plays a key role in our **energy metabolism** and how well we **metabolise our oestrogen**.
- Fibre helps support **healthy blood lipids levels** and can help lower your **cholesterol levels**.
- Fibre helps with **blood sugar management**. As you traverse the perimenopause years, your cells can become more resistant to insulin, generally making it harder to manage blood sugar. The fluctuations of our hormones during perimenopause can also lead to blood sugar spikes and crashes. Fibre helps keep blood sugar levels stable.

3. STAY HYDRATED

As discussed, the body needs water to **utilise the fibre in your favour**. Herbal teas are also an option.

Next time

Let's check in again after another 4-5 weeks on your prescribed products (below) through a Follow Up Consultation (30min). I have added more repeats onto your script to see you through (on vita.ly) plus the Iodine Drops.

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, 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
Iodine Drops	Essential nutrient for thyroid hormone production, to replete your estimated deficiency	Place 2 drops into your MagGI Restore drink, 1 x day.	Until next advised