

Treatment Plan

For: Marita Smith

Date: 25/07/24

Summary of key areas discussed:

1. **Postpartum thyroiditis info:** <https://www.mamawise.com.au/blog/what-happens-after-postpartum-thyroiditis>

2. **Urinary iodine result: 31.1** (20 - 49 = moderate iodine deficiency) Optimal iodine level is 120-150.

To begin additional iodine supplement as **Iodine Drops**: Add 3 drops into a little water 1 x day. You may add this into your MagCalm drink.

3. **Review of supplement regime:** Take as instructed, ie. separate your product dosing to twice daily for optimal absorption and consistent levels in body. Consider using pill boxes or small container for work.

4. **Symptoms of mid-cycle spotting & light periods:**

A 'light' period (i.e less than 25ml of menstrual fluid over entire period days) can be a sign of low oestrogen or 'lower than average' oestrogen. If you are also not ovulating regularly (even at 40 yrs) then such anovulatory cycles could also be due to low oestrogen.

Common symptoms of low oestrogen: irregular/missing periods, periods are spotting only or light, breasts feel less full, anxiety/depression, difficulty concentrating/brain fog, thinning skin/increase in fine lines, low sexual desire, less vaginal lubrication, UTIs.

Common causes of low oestrogen (outside of menopause): autoimmune diseases, low body fat, low body weight, poor energy intake (dieting and/or disordered eating), chronic stress, overexercising.

Test: Blood test on Day 3 of your cycle for FSH (Follicle-Stimulating Hormone), LH (Luteinising Hormone) and Oestrogen. FSH and LH tells us how the brain is talking to the ovaries and oestrogen can tell us how the ovaries are responding to those messages.

Additional recommendations:

a) Increase daily **dietary fats** (eg avocado, olive oil), adequate daily **protein** (minimum 1.5gm per kg of ideal bodyweight)

b) Look to include **phytoestrogens** into your diet. These are plant compounds that look like oestrogen chemically and they attach to oestrogen receptors in your body and 'act like oestrogen.' Found in flaxseeds/linseeds, tempeh, edamame, miso.

Other notes:

- Continue on prescribed products as your previous Treatment Plan (30/05/24) with the addition of **Iodine Drops** (these are now added to your script in [vital.ly](#)).
- You may also consider using food sources of iodine like dulse flakes and kelp salt in small amounts throughout your diet/cooking.
- Consider a 'stressor' audit (as mentioned in previous Treatment Plan 30/05/24) and consider making changes to those in your control: *prolonged 'fasting' and/or a restricted eating window, specific nutrient insufficiencies/deficiencies, training in a fasted state (esp in context of low energy availability), inadequate refuel/recovery, inflammation, depression/mental/emotional (work/life stress).*
- I've opened a script for you in [vital.ly](#) with enough repeats of the prescribed products for you to take consistently through the next 3 months.
- We'll look to run follow up blood test on your thyroid markers after this time. Please get in touch just before this time and I can provide a pathology request form to cover those not requested by your GP, along with the Blood Test Guide.

Please let me know if you any questions.