

Your Treatment Plan: First Follow-up Consultation

For: Raana Scott

Date: 22/08/24

Summary of key issues discussed in consult

1. Review of July & August 2024 blood test results:

Low Vitamin B12 - 310 (optimal is ~600)

Low Vitamin D - 56 (optimal is 125)

(Iron) Transferrin Saturation - 15 (optimal is 25-35%)

Fasting insulin - 8 (OK, optimal is 3-5 or 6-7 at a push. Best to reduce slightly or at least not increase)

Thyroid Function (see below for explanations)

TSH - 1.49 (good)

T4 - 15.3 (good)

T3 - 4.8 (OK, optimal is 5 - 6)

Thyroid antibodies - below range (good)

High Reverse T3 - 406 (optimal is ~250)

***TSH** (Thyroid Stimulating Hormone) - is the brain hormone that asks the thyroid to make more hormones (the thyroid gland typically makes 80-90% T4 and 10-20% T3).*

***T4** - is the inactive/storage thyroid hormone, needs to still convert to T3 to become biologically active. Most of this conversion happens in the liver, and also the gut.*

***T3** - is the active thyroid hormone all of our cells require for their metabolic processes.*

***Reverse T3** - is the inactive 'byproduct' form made from T4. We expect a little of our T4 to be converted to RT3 but we need to majority of our T4 to be converted to T3. Having too much RT3 being made from T4 will lower the overall T3 production. It also blocks up the T3 receptor sites on cells, so the real T3 cannot dock into these receptor sites and trigger their metabolic processes. This can result in symptoms that resemble an underactive/hypothyroid function, although the 'numbers on paper all seem OK'.*

The most common drivers of a higher than ideal RT3 is stress (physical & mental), trauma, low calorie diets/ fasting, poor gut health (eg. SIBO/unhealthy microbiome), chronic inflammation, infections, low iron, toxins/chemicals.

The Hormone Hierarchy

Our entire hormonal system is like a symphony 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, Blood sugar & Insulin) is critical, because this alone can disrupt the entire system that is build upon it.

In your case, it will be beneficial to support your blood sugar balance by, for example eating 3 balanced (across protein/fats/healthy carbs) meals across the day and avoiding any long fasting periods (max 12 hrs overnight). As this puts extra stress on your already 'stressed system' and the body naturally raises its blood sugar levels when it's stressed. The body can adapt to (and benefit from) long fasting windows when it's balanced and regulated to start with. When it's not, such 'fasting periods' can have the opposite effect. Alcohol also raises your blood sugar levels and drops it quickly.

Tier 2, Thyroid & Adrenals has now been looked into and we've found your **Reverse T3** level is raised, blocking your body's ability to utilise your active T3 levels optimally. This can be contributing to your symptoms. We will begin to work on supporting your nervous system (stress response) as discussed.

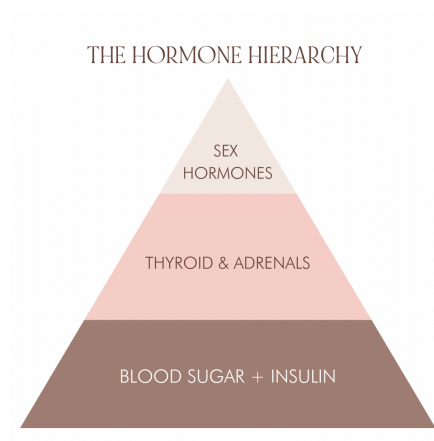
As healthy Sex Hormones (Tier 3) depend greatly on the supporting tiers (Tiers 1 & 2) we will also begin to support healthy ovulation - *and therefore your progesterone production* - with your age in mind. This will work to alleviate any premenstrual symptoms. Healthy levels of progesterone also improve your mood, your stress resilience and reduce anxiety. Progesterone is neuroprotective and increases the production of neurotransmitters that are calming to the brain.

Below are your prescribed products.

I've created your script in [Vital.ly](#), my online dispensary service. You'll receive an 'invite email' from them so please follow their prompts to create your account. Then log in and you'll see my prescription for you.

Purchase your products directly from [Vital.ly](#) and they'll be posted to you. I've dispensed enough 'repeats' to see you through until we catch up again ie. after you've been taking your products for 4-5 weeks.

See next page for your products, explanations, directions for use etc.



Your Prescription

Product	Why I've prescribed it	Dosage instructions	How long to take it for
MagTaur Xcell <i>Large size is 2 months supply</i>	Magnesium, taurine plus B vitamins to support: a healthy stress response, hormones and mood balance.	Mix 1 scoop in water, 1 x day. Have with/after lunch. <i>Tip: Can put in your drink bottle and sip over a few hours if you like.</i>	Until advised.
ProgestaLift <i>2 months supply</i>	Herbs and nutrients to support hormone balance (specifically progesterone levels), relieve mild anxiety and premenstrual symptoms.	Take 1 capsule, 1 x day with meals.	Minimum 3 cycles.
Opti Active D & K2 <i>Small size is 2 months supply</i>	Bioavailable Vit D with Vit K. Vit D is essential for hormonal, immune & mental health, plus bone density long term. Also plays a role in insulin sensitivity and blood sugar balance. Works with magnesium in the body.	Take 1 capsule daily, with meal.	Until advised.
Sublingual Hydroxy-B12 <i>4 months supply</i>	A highly absorbable form of vitamin B12 to support brain energy, mood, emotional balance, cognition & energy.	Dissolve 1 tablet in mouth , 2 x day for the first 4 weeks. Then reduce to 1 x day.	Until advised.
Vege NAC <i>1 box = 1 month supply</i>	A precursor to the 'master antioxidant' glutathione. Supports mood via 'sheltering the nervous system' from glutamate (a stimulating neurotransmitter). Is also immune modulating & anti-inflammatory & support liver health.	Take 1 capsule, 2 x day with meals.	Until advised.

~ Please keep your all products away from children ~

Other notes

- Stop taking your Tresos-B supplement for now (or give to your partner!) as you'll be getting B vitamins (plus more) in your MagTaurXCell.
- Eating breakfast daily send 'safe' messages to your body and nervous system. Ensure you're including a balance of **protein, fats, healthy carbs and fibre**. This help avoids a strong blood sugar spike (that brings with it undesirable symptoms 2-3 hrs later).
- Consider wedging in some alcohol-free nights in your week. Alcohol (even 2 drinks) messes with the brain's neurochemistry, and perimenopause and alcohol aren't a great fit due to lots of reasons.

*Alcohol increases the production of **GABA** (the brain 'brake') resulting in a 'slowing down' of brain activity, this is what gives us 'calming/de-stressing' effects of alcohol. But this doesn't last too long because the brain senses this shift and then ups the production of **glutamate** (an excitatory neurotransmitter). Then the next day when the brain has worked hard to rebalance its GABA-glutamate levels, you can be left with too much glutamate still in your system. This contributes to feeling on-edge, 'hangxiety', sensitive, panicky feeling the following day.*

- Continue to track your noticeable symptoms (physical/mental/emotional) throughout your cycle.
- Before we meet up again, please record a 3-4 'diet diary', on your work days and also non-work days to give me more insight into what and when you're eating/drinking etc.

Next time

Please book a [Follow-Up Consultation](#) (30 min) after you've been taking your products for 4 weeks so we can review.

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