

## Your Treatment Plan: First Follow-up Consultation

**For:** Pandora Holliday

**Date:** 29/08/24

### Summary of key issues discussed in consult

#### 1. Review of blood tests results (19/8/24):

Iron Studies - **Ferritin 36** (30-165) optimal is 60-70

Thyroid antibodies - below range

TSH - **4.7** (0.5-4.0) optimal is 0.5-1.5 (high)

\*T4 - **12** (10-20) optimal is 15-18 (suboptimal)

T3 - **5.8** (3.5 - 6.5) optimal is 5-6 (good)

Reverse T3 - **328** (170-539) optimal is 200-250 (ok)

Reverse T3: Free T3 ratio = 1.7 (not RT3 dominant - good)

\*This suboptimal T4 (12) is likely from low/insufficient iodine (a mineral in high demand during pregnancy and breastfeeding), but at the same time your T3 (active thyroid hormone) is good. This is often because when there is insufficient iodine the thyroid gland finds it hard to produce optimal levels of T4, but more T3 will be produced as less iodine is required to produce T3. Additionally, when iodine is low, the body compensates by increasing the conversion from T4 to T3 to maintain the T3 levels, as this is the active hormone the body needs. Over time, if iodine level is not corrected, T3 will also then become low.

Due to the additional cost (\$120), I have not requested a Urinary Iodine Test for you. Instead I'm happy to supplement 420ug iodine (combined) daily within the Pure Natal & ThyRestore. This is not a 'high dose' by any means but I expect to see some shift in T4 production on next bloods in ~4 months.

#### 2. Continue nutritional supplementation aimed at:

- **Maternal nutritional repletion**
- **Breastfeeding nutritional support**
- **Thyroid function support**

#### 3. I've added a 3-herb combination supplement into your protocol: **Rhodiola Complex**.

I've updated your script in [Vital.ly](#), please log in to see your script. All products are breastfeeding safe.

Product	Why I've prescribed it	Dosage instructions	How long to take it for
<b>Pure Natal</b>	An excellent multivitamin & multimineral supplement for breastfeeding	Take 1 capsule, 1 x day with a meal (BF or lunch). <b><u>KEEP IN FRIDGE</u></b>	Until 3 months after weaning.
<b>Bio Heme (Iron)</b>	A very well tolerated and absorbed iron supplement.	Take 2 capsules, every <u>2nd day before bed</u> .  Separate dose away from tea/coffee, by at least 1 hour and don't take with a heavy calcium meal (e.g yoghurt, milk).  Or take if/when you wake in the night.	Until advised.
<b>NanoCelle D3+K2</b>	Highly absorbed vitamin D & K supplement; for thyroid, immune & bone health. Works with magnesium in the body.	Pump 1 spray on the inside of each cheek (total 2 sprays). Hold in mouth for 30 seconds before swallowing.  Take on an empty stomach (eg. before breakfast or in between meals).	Until advised.
<b>Omega Brain Plus</b> <i>This replaces &amp; supersedes DHA + Choline (out of stock)</i>	Liquid concentrate of omega 3 with high DHA:EPA profile plus cofactors for maternal brain health (and fatty acid repletion) and anti-inflammatory actions, plus providing these essential fats to baby during breastfeeding.	Take 5ml, 2 x day  <b><u>KEEP IN FRIDGE</u></b>	Continue throughout breastfeeding.
<b>ThyRestore</b>	Specific thyroid nutrients to support thyroid function/ hormone production.	<b>Take 1 capsule</b> , 1 x day with food (separate this dose from Pure Natal dose for optimal absorption)	Until advised.
<b>Magnesium Glycinate</b>	A highly absorbed form of magnesium; helps support the brain & nervous system, relieve anxiety, muscular tension, and supports sleep.	Take 1 capsule, 3-4 x day with food.  If feeling particularly 'tired, but wired', you can have the 4th capsule before bed.	Until advised.
<b>Rhodiola Complex</b>	3 herb blend to support the nervous system, mental stamina, stress resilience, debility mental and physical endurance	Take 1 capsule, 2 x day	Until advised.

## Next time

Let's check in again after you've been taking your prescribed supplements for 6 weeks with a Follow-Up Consultation (30 min).

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

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