

Treatment Plan

For: Alana Dascanio

Date: 31/10/24

Summary of consult discussion

Review of your recent (Oct 2024) blood test results:

- Prolonged fasted sample 15hrs affecting accuracy (ideal is 10-12hrs max)
- Incomplete thyroid markers tested (missing T3, Reverse T3, Thyroglobulin antibodies)
- Raised TSH (2.5) **optimal 0.5-1.5**
tell us the thyroid is being asked to make more/needs more hormones, often due to lowered circulating T3
- Low-normal T4 (14) **optimal 15-17**
tells us the thyroid is not making optimal levels of this thyroid (storage/inactive) hormone
- High antithyroid peroxidase/TPO (thyroid antibodies) **549**
tells us your immune system is wrongly targeting the thyroid gland, affecting its function and production of hormones (immune dysregulation)
- Low Haemoglobin (115) **optimal 135**
tell us the 'oxygen backpack' on your red blood cells is undersupplied
- High-normal Transferrin (31) **optimal 20-25**
tells us the body is looking for more iron ('iron hunger')
- Low-normal Transferrin Saturation (19) **optimal 20-30**
tells us the transport of iron around the body needs support
- Low-normal Ferritin (41) **optimal 60-70**
tells us you could increase your iron stores (esp if considering another pregnancy)
- Low Vitamin B12 (357) **optimal 600** *tells us the body needs more; check intake and/or absorption*
- Low Folate (14.9) **optimal 30** *tells us the body needs more; check intake and/or absorption*
- High-normal fasting glucose (5.0) **optimal 4-5** *shows some blood sugar dysregulation - diet and/or stress related*
- High-normal fasting insulin (9) **optimal 3-5** *shows some blood sugar dysregulation - diet and/or stress related*
- High Bilirubin (21) **optimal 8-13** *related to Gilberts Syndrome (will discuss this more)*
- Low-normal Vitamin D (97) **optimal 125** *daily sun exposure will help increase it at this time of year important for regulation of healthy mood*

Considerations regarding your symptoms:

- Nutritional deficiencies/insufficiencies
- High cortisol symptoms (x9) on Hormone Questionnaire with symptoms of nervous system dysregulation, heightened stress response/chronic low grade stress, 'HPA Axis Dysfunction'

When talking about stress, cortisol, energy or fatigue, I referring to the Hypothalamic-Pituitary-Adrenal (HPA) Axis. This is the command centre in charge of the body's stress, hormone, and immune response. When we are constantly overstimulating our HPA Axis, our body responds through a cascade of hormonal fluctuations, inflammatory responses, shifts in neurotransmitter production, and alterations in energy levels. This axis impacts the optimal functioning of various glands and organs throughout the body, such as our thyroid, ovaries, brain, and adrenal glands.

- Need to test all your thyroid markers for the complete picture before addressing
- Your current eating plan will be supporting healthier blood sugar and insulin levels. Further gains will be made by also supporting your nervous system/stress response.
- Look to address issues associated with raised bilirubin/Gilberts syndrome

Initial steps:

1. BLOOD TESTS

Please see my Pathology Request form for [Complete Thyroid Panel](#). Results take 10-14 days to come back to me. Ensure you also read my Blood Test Guide (provided) before preparing/doing your blood test.

2. PRESCRIPTION

I'm starting with **nervous system support** (through both herbs and nutritionals) as this is having widespread impact. I've created your script in [Vital.ly](#)

You should receive an email, then follow the prompts to log in. Purchase your products directly from [Vital.ly](#) and they'll be posted to you. See next page for your products, explanations, directions for use etc.

Treatment & Prescriptions

Product	Why I've prescribed it	Dosage instructions	How long to take it
Calm X (Patients own)	N/A	Take 2 scoops 2 x day with or after food.	Finish off then move onto MagDuo Adapt .
Mag Duo Adapt	Specific nutrients plus the adaptogenic herb (Holy Basil) to support a healthy stress response and energy. Also contains Vit B12 and folic acid.	Take 1 level scoop in water 2 x day.	Until advised.
NeuroEnhance	Herbal combination of adaptogens with neurotransmitter cofactor nutrients to help the body adapt to stress, support mental wellbeing and healthy emotional/mood balance.	Take 1 capsule, 2 x day.	Until advised.
RejuvaCalm Forte	Blend of herbs with nervine and calming properties to support anxiety, nervous tension, stress, 'tired but wired', restlessness, poor sleep.	<p><i>If feeling extra stressed/overwhelmed during the day:</i></p> <p>Take 1-3 tablets throughout the day (separate these doses)</p> <p><i>To help you wind down at night:</i></p> <p>Take 1-3 tablets 1 hour before bed.</p>	Until advised.
UltraClean DHA Omega	High ratio of DHA omega fatty acids for healthy mood, brain/cognition and to reduce neuroinflammation.	Take 2 capsules, 2 x day with meals.	Until advised.

Other notes

Here are a few IG profiles that popped into my head whilst we were chatting today:

@nurturinghealthyfaces @fionarogerson.counsellorperth @lifeafterbirthpsychology

Look to make your First Follow-Up Consultation for 2-3 weeks after you have your blood test done.

If you have any questions please let me know.