

Treatment Plan

For: Alana Dascanio

Date: 18/12/24

Summary of consult:

1. BLOOD TEST REVIEW

Recent (Nov 2024) Thyroid Function Test:

TSH: 2.0 (optimal 0.5 - 1.5)

T4: 16.9 (optimal 16 - 18)

T3: 4.8 (optimal 5.5 - 6.0)*

Reverse T3: 409 (optimal 200-250)*

Antithyroid peroxidase/TPO (thyroid antibodies): 1278 (optimal 40-60) - Hashimotos

* Shows more of your T4 is being converted to Reverse T3 than to the active T3 hormone - *stress/high cortisol/trauma, poor gut health (SIBO/dysbiosis), chronic inflammation/toxins, infections can drive this process.*

We will begin working on this autoimmune response targeted at your thyroid gland, and also investigate potential root cause and driving factors within the gut.

2. GI MAP

To investigate potential root causes of your thyroid autoimmunity, effects of high bilirubin levels and your overall gut health. Please see email attachment for further information about this comprehensive and functional stool test.

I have ordered this for you. You'll receive an email from Designs for Health to finalise and make payment directly to the lab (\$445). Please check your junk if nothing is received in 24-48hrs. Once paid, the collection kit is posted you. GI Map stool sample submissions have closed at of 18/12/24, but reopen on **06/01/25**.

Results: These come back to me in 3-4 weeks after you post your sample. I'll let you know by email and you'll receive an invoice for the Interpretation of Results (\$160). Once paid, you'll receive your GI Map Results, a personalised video where I interpret your results for you (45min) and written summary within 48hrs (Mon - Fri). After you've received/watched this, look to book an Extended Follow-Up (45min) where we discuss treatment.

3. CHANGES TO PRESCRIPTIONS

Continue with **nervous system support, change some dosing** (highlighted pink) and bring in **thyroid autoimmunity support (SFM Xcell & Hemidesmus Complex)**. I have already reduced the dosing of these two (to below recommended dose) so please take as directed. I have prescribed them in [vital.ly](#) for you. Send a product request if you need any of the others.

DHA from food: fatty fish - sardines, salmon, herring, mackerel.

These 2 new products have been prescribed in [vital.ly](#) for you. Send a product request if you need any of the others.

Product	Why I've prescribed it	Dosage instructions	How long to take it
S.F.M. Xcell	Specific herbs and nutrients to support the health and function of the thyroid gland and reduce antibodies.	Take 1 tablet, <u>2 x day</u> with or after food.	Until advised.
Hemidesmus Complex	Herbal complex with immune modulating and anti-inflamm herbs to target body's autoimmune response.	Take <u>2 tabs</u> , 1 x day with or after food.	Until advised
Mag Duo Adapt	Specific nutrients plus the adaptogenic herb (Holy Basil) to support a healthy stress response and energy. Also contains Vit B12 and folinic acid - shown as low in your blood tests.	Take 1 level scoop in water 1 x day, <u>AT LUNCH</u>	Until advised.
NeuroEnhance	Herbal combo of adaptogens with neurotransmitter cofactor nutrients to help the body adapt to stress, support mental wellbeing and healthy emotional/mood balance.	Take 1 capsule, 1 x day, <u>AT LUNCH</u>	Until advised.
RejuvaCalm Forte	Blend of herbs with nervine and calming properties to support anxiety, stress and support sleep.	Take 1-2 tablets, 1 hour before bed to support sleep.	Until advised.
UltraClean DHA Omega	High ratio of DHA omega fats for healthy mood, brain/ cognition and to reduce neuroinflammation.	Take 2 capsules, <u>2 x day*</u> with meals. Take 1 x day on the days when you've eaten fatty fish with a meal.	Until advised.