



Date: 17 February 2025

Client: Karen Hanna

Follow Up Appt: to be booked once blood test results are in.

Please email any previous test results to info@perthnaturalhealthnutrition.com.au

Also if you have any photos of allergic reactions/ flare up please email them through.

GI Map: Do your stool sample on a Sunday and keep it refrigerated until posted. Post your sample on Monday in the morning before 12pm. Take into the post office and hand to counter manager.

Blood tests: Please see your GP for repeat blood tests (I will send you a referral):

Supplement Prescription:

Gut Repair Protocol Stage 1 – Take the following supplements for the next month.

Supplement	Directions for Use			Reason
	Breakfast	Lunch	Dinner	
Thyrestore Let's see if this makes a difference taking it at the same time.	2 capsule with food			Hashimoto's, supports thyroid function, thyroid hormone production and conversion. Can assist with reducing symptoms.
If Thyrestore is out of stock, you can take the Herbs of Gold Thyroid Support tablets. I have added this to your script. Dose: 1 tablet twice daily with food.				

Nutrition Prescription:

Recommendation	Reason
Trial low fructose guidelines	Reduce gas and bloating.
Gluten free trial for 6 months to assess changes in gut health and thyroid symptoms. See the guidelines handout.	
Your guide to thyroid health – initiate the following from the nutrition section: <ul style="list-style-type: none">- 2 brazil nuts daily- Fish 2 – 3 times a week. This can include tinned tuna & salmon in addition to fresh white fish.- Include protein, carbohydrates and healthy fats in every meal- Gluten free	
Swap chocolate to 70% or more dark chocolate when at work.	
Red meat intake should be at least 2 – 3 times per week.	

Other:

Insight timer app to help with sleep.

- Search for beta waves for sleep.
- Search for energy and fatigue-related meditations.

Give a 5-minute yoga routine a try in the morning before work to help with energy levels.

- <https://www.youtube.com/watch?v=gUrxQLNzBQw>
- <https://www.youtube.com/watch?v=8xIhVttjVxE>
- <https://www.youtube.com/watch?v=7hH-YOBq05Q>
- <https://www.youtube.com/watch?v=QcXNaVmA8Ao>