

## Your Treatment Plan: Follow-up Consultation

**For:** Tash Bird

**Date:** 29/03/25

### Summary of consult

#### 1. Blood tests review - Thyroid function summary

##### **Nov 2023**

TPO (Anti-thyroid peroxidase) - 28 (<60)  
Thyroglobulin antibodies - 55 (<4.5) HIGH

##### **July 2024**

TPO (Anti-thyroid peroxidase) - Not tested  
Thyroglobulin antibodies - 110 (<4) HIGH  
T4 - 11 (optimal is 15-17l) LOW  
T3 - 4.2 (optimal is 5.5-6) LOW

##### **October 2024**

TPO (Anti-thyroid peroxidase) - 42 (<60)  
Thyroglobulin antibodies - 153 (<4.5) HIGH (possibly due to excessive iodine intake?)  
TSH - 2.9 (optimal 0.5-1.5) HIGH  
T4 + T3 - Not tested

##### **November 2024**

TSH - 4.1 (optimal 0.5-1.5) HIGH  
T4 - 15.2 (optimal is 15-17) IMPROVED  
T3 - 4.8 (optimal is 5.5-6) IMPROVED

##### **March 2025**

TPO (Anti-thyroid peroxidase) - 38 (<60) IMPROVED  
Thyroglobulin antibodies - 137.9 (<4.5) STILL HIGH - but has decreased since Oct '24  
TSH - 3.6 (optimal 0.5-1.5) HIGH - but has improved  
T4 - 14.1 (optimal is 15-17)  
T3 - 5.7 (optimal is 5.5-6) IMPROVED

**Vitamin B12:** Results have fluctuated: 339 (May 2024), 498 (Oct 2024), 318 (March 2025) optimal is 600+

**Vitamin D:** 98, look to bring in Vit D support as heading into autumn and winter. Optimal is 125+ \* I'm happy for you to continue with the Nordic Natural Omega 3-D liquid

**Ferritin (iron stores):** has decreased from 56 (Oct 2024) to 37 (March 2025) - Optimal is 70-80 maintained. Discussed bringing IronBiotic back in (see table). Haemoglobin is great at 144.

Your Prescriptions - energy, hormones, nervous system, thyroid, nutrient repletion

Product	Why I've prescribed it	Dosage instructions	How long to take it for
<b>Meta Relax</b> (new name for CalmX)	Magnesium, taurine, glutamine, plus B vitamins to support: a healthy stress response, hormones and mood balance.	Mix 2 scoops in water, <u>1 - 2 x day.</u>  Have with/after lunch.  You may esp like to have it 2x day in 1-2 weeks leading up to your period.	Until advised.
<b>P-Balance</b> (new name for ProgestaLift)	Herbs and nutrients to support hormone balance. Specifically progesterone levels. Supports/ calms nervous system, relieves stress, supports emotional and mood balance, reduces mood swings associated with premenstrual tension.	Take 1 capsule, 1 x day with meals.  When you're 1 week out from your expected period, increase to 2 x day.	Until advised.
<b>NAC</b> (N-Acetyl-Cysteine)	A precursor to the 'master antioxidant' glutathione. Supports mood via 'sheltering the nervous system' from glutamate (a stimulating neurotransmitter). Also immune modulating (thyroid antibodies), anti-inflammatory, supports GUT and liver health, and hormonal balance.	Add 1/2 scoop into water/juice/ MetaRelax, 2 x day.  (Total 1gm/day)  <i>NB: If you're only having MetaRelax once a day, have 2nd NAC dose with a little water.</i>	Until advised.
<b>Selenium Drops</b>	Essential for thyroid hormone production and reducing autoimmune response in body.	Mix 5 drops into water/ MetaRelax 2 x day  (Total 240ug)	Until advised.
<b>Myo-inositol</b>	For thyroid autoimmunity and cellular health.	Mix 2 level scoops into water 2 x day (tasteless).  Can add into drink bottle with Meta Relax and sip on throughout the day.  (Total 4gm/day)	Until advised.
<b>Iron Biotic</b>  <b>From <u>Naternal Vitamins</u></b>	Bioavailable iron plus cofactors to increase and maintain your ferritin levels, especially as periods are currently on the heavy side.	Take 1 cap every 2nd day (before bed).	Until advised.

## Your Prescriptions - Gut Protocol - Stage 1

1. Work at eliminating H.pylori infection in stomach and calm the inflammation associated with it.
2. Support your (lacking) digestive enzyme and HCL production so you can assess your nutrients from your food.

Product	Why I've prescribed it	Dosage instructions	How long to take it for
<b>GASTROMEND</b>	Specific combo of mastic gum, zinc carnosine, DGL Liquorice, and Vit C to target H.pylori and reduce inflammation.	Take 2 caps, 2 x day.  (Before breakfast and before bed)	8 weeks
<b>ZYMEGEST</b>	Great blend of digestive enzymes (and HCL) for digestion; assists with the breakdown of dietary protein, fats, and lactose.	Take 2 caps, 20-30min before all your main meals.	Until advised.
<b>FLORAMYCES</b>	Contains <i>Saccharomyces cerevisiae</i> (Boulardi), a probiotic yeast. This helps increase Secretory IGA in the intestine and works as a 'binder' for H.pylori and some of the other opportunistic/parasites/pathogens.	Take 1 cap, 2 x day with food	Until advised.
<b>CURCUM-EVAIL</b>	Unique combo of 3 highly concentrated and bioavailable forms of turmeric constituents for their anti-inflammatory, antioxidant, digestive and liver support.	Take 1 cap, 1 x day with food.	Until advised.

Please log into [vital.ly](https://vital.ly) to see your updated script. If you have any questions, please get in touch.  
Also, let me know if anything is found at **pelvic/abdominal ultrasound** and/or send report through to me.

Next time

Please book a [Follow-Up Consultation](#) (30 min) after you've been on Gut Protocol for 8 weeks.