



### **Treatment Plan- Natasha Martin**

05/04/2025

The following recommendations aim to address the main focus of our consultation today which was to support your body with your recent Hashimoto's diagnosis along-side pregnancy support.

#### **Recommendations**

- Request the following tests to be included in your next blood test- Iodine (Iodine is important in the formation of thyroid hormones and so current level should be assessed) active Vitamin B12, Folate, Vitamin D, Iodine, Zinc to Copper ratio.
- Iodine and Tyrosine are crucial in the formation of thyroid hormones therefore (depending on current Iodine levels and moderate amount), consider including Iodine containing foods (e.g. seaweed) and Tyrosine containing foods (e.g. fish, eggs, lamb, beans) in your diet.
- Selenium is also important in thyroid function and including foods high in selenium (e.g. brazil nuts) may also be beneficial.
- Including antioxidants such as vitamin E & vitamin C may be beneficial in managing Hashimoto's (e.g. Kakadu palm, red & yellow bell peppers, oranges, kiwi fruit, rose hip, nuts and seeds).
- Brazil nuts are high in selenium and may be included in diet (small amounts)
- Foods to avoid- raw (cooked is fine) kale, spinach, cabbage as they can be thyroid disrupting
- Ensure adequate water intake (approximately 1.5-2L p/day). The amount you need is based on your weight, environment and level of exertion so it is only a guide.

Adequate water intake helps to maintain good brain function, eliminate toxins, aid digestion and helps prevent constipation. Try adding some fresh lemon to water or ginger and lemon to hot water (bruise ginger first).

- Continue herbal tea (chamomile is suggested) at night to assist with sleep.
- Consider referral to an endocrinologist.
- Herbal teas that could be consumed during the day:
  - Ginger (*Zingiber officinale*)- anti- inflammatory, antiemetic, antioxidant, digestive stimulant good for reducing nausea, improving circulation and reducing inflammation
  - Oats Straw (*Avena sativa*)- a nutritive herb which nourishes and supports the nervous system. Also nourishes the endocrine glands and may assist with thyroid deficiency (may contain gluten so caution in coeliac disease)

## **Stress Management**

- Use the five senses grounding technique when you're feeling anxious or overwhelmed (5,4,3,2,1 Technique)
  - Identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste
- Try and develop a mind map or plan to not think too far in advance to avoid feeling overwhelmed and anxious. Perhaps look to the week ahead (or even just the following day) and focus on the things that are relevant or needing attention in that timeframe.
- Try simple breathwork techniques (such as inhaling slowly through the nose for 4, holding for 7 and breathing out for 8 or alternate nostril breathing).
- Continue other self-care practices that you find relaxing and you enjoyable (e.g. Going for walks, reading, breathwork)
- Ensure a healthy bedtime routine to improve sleep which can include:
  - Having a regular sleep/awake time
  - Trying to get to bed by 10pm
  - Ensuring daily sunlight exposure of 30-60mins (esp. morning sun, in conjunction with sun smart practices)
  - Avoiding scheduling too many activities at night which may leave insufficient time to wind down
  - Stopping all activities that require concentration or cognitive behaviour at least 30mins before bedtime

## **Follow Up Appointment**

- Review current treatment plan
- Review blood tests and address any deficiencies (particularly Iodine and Tyrosine)
- Consider other ways to improve bowel function and ensure daily bowel movements
- Provide other suggestions to manage anxiety
- Provide more breathwork information
- Consider introducing other thyroid supporting herbal teas (that are safe in pregnancy)
- Review current fish oil (Optional- Clinical Lipids 2:1), magnesium to ensure optimal absorption and benefit

**Supporting Advice:****Follow-up Appointment**

If you'd like a follow-up consultation, just let me know. At this time, we would review your current treatment and could also look at the following:

- Ways to reduce overall cholesterol
- Dietary advice
- Consider seeking another counsellor or psychologist. This can be subsidised by Medicare when obtaining a mental health plan through your GP