

## Follow-up No. Treatment Plan for Anne Coote

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**Follow-up Consult Appointment Date:** Jan 23, 2020

Hi Anne,

It was great to talk to you again and as always I would advise you to print this treatment plan and have a thorough read through it, just so you are aware of any changes that I have made.

If you need to **reorder** anything recommended in your treatment plan, you can do this by calling our Head Office team based in Sydney (that look after all our clinics) on 02-8599-1470 or 1300 THYROID (1300-849-764)

~ For dosage and dietary information - please refer to your treatment plan.

~ For emergencies/reaction, please contact 1300 849 764

To ensure that I take the best care of you, and have clear notes and history on you, it is company policy that I do not treat or advise patients over email. I therefore ask you to make notes of any questions you may have and I can answer these in the follow up consultation.

Regular follow ups will allow me to assess the progress of your treatment and offer continued testing, support, advice and education. If there are any urgent enquires or severe reactions, please call 1300 THYROID or (02) 8599 1470.

**\*\*Each time I see you, I do ask that you fill in the "follow up thyroflex" link just before you see me. The link to this form is in your booking confirmation email (the second link), remembering that this needs to be filled in on a computer, not a tablet or phone.**

## Your Progress Notes

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Great results so far Anne well done!

## Health Treatment Plan

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### Prescriptions:

Herbs Prescribed

**REHMANNIA:** ml per bottle. Autoimmune and immune regulation, adrenal, and liver support, aids healthy mood, blood sugar levels and sleep, prevents excess heat and inflammation.

**COLEUS:** ml per bottle. Hormone and neurotransmitter tonic, improves insulin and TSH function, weight-loss, reduces high blood pressure and muscle spasms, improves fertility, aids psoriasis and dry skin.

**HEMIDESMUS:** ml per bottle. Reduce hormone and joint autoimmunity, balance white blood cell function.

**HIGH POTENCY ECHINACEA:** ml per bottle. Immune regulation, antimicrobial, strong lymphatic and glandular support.

**ST MARYS THISTLE:** ml per bottle. Strong antioxidant, liver support, detox and regeneration, improves hair skin and nails.

Dose - Herbal Formula

Please take 5mls, 2 X daily in a little water or juice before food.

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#### Supplements Prescribed

**VITAMIN D CONCENTRATE:** Please take 3ml per day. Vitamin D3 plays an intrinsic role in hormone production, calcium absorption and metabolism, the immune and nervous systems, thyroid, bone, blood sugar, heart and kidney health. Vitamin D3 is involved in healthy prostate cell differentiation. Vitamin D3 is a pre cursor to thyroid hormone and also parathyroid hormones. Preservative free. Please keep in the fridge.

**GLUCO SUPPORT:** Please take 1 tablet before lunch, dinner and bed. With an unparalleled and carefully selected combination of herbs and nutrients, including Cinnamon, Gymnema, chromium, zinc and alpha-Lipoic acid this formula helps maintain healthy blood glucose levels and metabolism. Chromium is an essential trace mineral required for carbohydrate, protein, lipid and nucleic acid metabolism. Prevention and treatment of chromium, magnesium, zinc, vitamin D and biotin deficiencies. Antioxidant and free radical scavenger formula. **Replaces ResistX**

**PRIMERGENE:** Please start with one capsule daily, and if you do not experience any detox symptoms such as headaches, nausea, and dizziness, please add another capsule each day until you are taking 2 capsules in the morning and two capsules at night. Primergene is nutrigenomic, meaning it supports the healthy expression of our genetic makeup. It is a potent antioxidant that inhibits free radical damage. It also encourages the body's own production of antioxidants. It is a strong anti inflammatory, assists the body's stress response system and contains selenium to support thyroid function. It may help to increase DHEA (our anti aging hormone) levels by up to 20%. It is helpful as a support formula for thyroid treatment, any pain, inflammation, stress, anxiety, immune dysfunction, toxicity and genetic imbalance that hinders nutrient absorption and utilisation.

**HG MET Mercury Detox:** Please take 5 drops under the tongue every 2nd day OR 10 drops in water sipped over 24 hours for ongoing excretion. Effective, gentle homeopathic preparation in combination potency dose which is useful for chelating and eradicating mercury from the body in a safe manner. Mercury toxicity is a common cause of Chronic Fatigue Syndrome, causes impaired cognitive function, hormonal disturbances and increased chemical sensitivities. You may need to begin at a lower dose to assess your level of sensitivity. You can start by simply smelling the remedy and over the course of the initial 10 days, increase from 1 drop to 5 drops under the tongue every 2nd day. If you do experience a reaction, place 10 drops in 1L of water and sip over 24 hours. Try to sip every 4 hours (keep it by your bedside overnight).

**SB MET Antimony Detox:** Please take 5 drops every 2nd day OR 10 drops in water sipped over 24 hours for ongoing excretion. Homeopathic preparation which is useful for chelating and eradicating antimony from the body in a safe manner. You may need to begin at a lower dose to assess your level of sensitivity. You can start by simply smelling the remedy and over the course of the initial 10 days, increase from 1 drop to 5 drops under the tongue every 2nd day. If you do experience a reaction, place 10 drops in 1L of water and sip over 24 hours. Try to sip every 4 hours (keep it by your bedside overnight).

**ULTRALIV:** Please take 1 capsule once daily. Maintains healthy liver and gall bladder function. Contains hepatoprotective herbs, which supports the regeneration and detoxification of the liver and normal liver function. Supports the growth and regeneration of new liver cells. Milk thistle is an antioxidant herb and therefore assists in decreasing the risk of cell damage attributed to free radicals. Milk thistle protects the liver from the deleterious effects of toxins and pollution. Taurine, methionine, choline, and pyridoxine, folic acid and cyanocobalamin are necessary for phase two liver detoxification. Replaces Pytopro

<b>MORNING</b>	<b>AFTERNOON</b>	<b>EVENING</b>
PRIMERGENE 2 CAPS	PRIMERGENE 2 CAPS	
VIT D 3MLS		ZINC PICOLINATE 1 DOSE
HERBAL TONIC 5ML	HERBAL TONIC 5ML	ULTRALIV 1 CAP
MAG TAUR 1 DOSE		MAG TAUR 1 DOSE
CLINICAL C 1 DOSE		
GLUCOSUPPORT 1 DOSE	GLUCOSUPPORT 1 DOSE	
ORTHOPLEX NAC 1 DOSE		
METAGENICS ENERGYX 1 DOSE		
Detox drops every second day 5 drops		

Thank you for investing your time into reading your tailored treatment plan, and I look forward to seeing you again soon. We are one step closer again to creating the life you really want.

Regards,  
Inna Nodelman  
The Lucy Rose Clinic Sydney  
**Your Lucy Rose Clinic Naturopath**

**Your Next Follow up Appointment Date is scheduled For 8:30am Thursday February 20th, 2020 Phone Call**