



Kate Driver &lt;katedrivernaturopath@gmail.com&gt;

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**Fwd: Test results**

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Kate Driver &lt;katedrivernaturopath@gmail.com&gt;

Wed, Mar 11, 2020 at 5:04 PM

To: Raechelle &lt;raechelles6@optusnet.com.au&gt;

Hi Raechelle,

Thanks for dropping the details of your medications and blood tests today.

Just double checking you haven't had your thyroid tested? This would be TSH, free T3 and Free T4.

If not, can you please take your **basal body temperature?**

With a digital thermometer you place it under your arm on waking and don't turn it on.

Leave it for 5-10 minutes then turn it on and take the reading.

Do this for at least 5 consecutive days and at roughly the same time each morning.

If you can let me know the readings at your follow up appointment.

I have found you supplements that are safe to take with your medications.

I will list them here, and if you are happy to go ahead I can set you up on Vtall.ly to order them online

They are

**Cardio - X** magnesium powder with b vitamins and nutrients for cardiovascular, energy lowering cortisol/ stress and blood sugar levels support. (Costs around \$40 and lasts around 3 weeks )

**Adrenostress** - homeopathic spray to reduce cortisol/ stress, strengthen your adrenals and help buffer your stress. (Cots around \$40 and lasts around 3 weeks)

**Parex** - herbal tablets to kill of parasites and candida - Theoretically one herb in this formulation can lower our blood pressure slightly, which may be helpful, but this may not happen anyway. PLease take your BP at least a few times a week to keep an eye on it. ( if you order 100 tablets costs \$45 for 1 moth supply)

**Ultra flora meta control** - Probiotic to support cardiovascular health and weight loss. (around \$ 70, but they last 2 months)

Are you happy with this? If so please let me know and we can get you started!

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