



Handout for Nicola Scott-smith

Visit Date: 4/09/2024

REPORT OF FINDINGS - TREATMENT PLAN

It was great to get started today and take you through your report of findings appointment. I am thrilled to help you get your health back on track. Let's get you started and moving towards optimal Thyroid and Hormone function and alleviation of symptoms.

My interpretation of your test results and my review of your case and symptom picture has helped me develop the below treatment plan to address them. Your treatment plan is designed to give you a clear outline of what we discussed today, give you a clinical breakdown of each test marker that is out of range and the program I would like you to follow.

I have included all of your test results and an explanation for each of the out-of-range or borderline low/high markers.

I have prescribed the below supplements in specific clinical doses and designed the herbal formulation to address all of your health concerns. Please take them as directed. You can find the doses and how to take each of your supplements and herbal formula at the bottom of this treatment plan. I have also included some general information on each of the supplements and herbs if you did want to read a little bit about them and what actions they have in the body.

It is extremely rare but if you do have any reactions to any of the prescriptions, please stop taking all supplements and herbal medicines and get in touch to let us know. We can then review your case and make our recommendations. Email is the most efficient way to contact us and we endeavour to get back to you within 1-2 business days. teamlucy@thelcuyroseclinic.com.au

I always suggest you print out your treatment plan when you have a quiet minute to read through it so that you can get clear on what I am recommending and the routine you need to set up for taking your prescriptions.

Your next appointment is one of your included check in calls. This appointment is designed to make sure you are on track with your program and to answer any questions or concerns you may have about your treatment plan prescribed today.

Ongoing appointments can be scheduled with one of our practitioners as required, and my recommendation is to see us monthly to do a follow up and review and make sure things are moving in the right direction. If for any reason you miss the next appointment, please make sure you get in

touch to schedule one of the Follow Up Consultations from your package so that we can keep up the momentum.

If you have any questions, please don't hesitate to email me at teamlucy@thelucyroseclinic.com.au

TEST RESULT INTERPRETATION

A brief explanation for each of the out-of-range or borderline low/high markers.

24 Hour Iodine Test - IODINE DEFICIENCY

This indicates iodine deficiency at a cellular level. This result shows that you did not excrete all of the iodine taken at the time of the test and have in fact have absorbed some of it. This means that your body needed the iodine and therefore iodine supplementation is essential.

Iodine is an essential element for the production of thyroid hormones. Iodine deficiency is common in many areas of the world, leading to depletion of thyroid iodine stores and reduced production of T4 and T3 hormones. Iodine deficiency is the main cause of goiter (enlarged thyroid gland) and thyroid malfunction. Iodine deficiency can also cause oxidative stress and DNA alterations in the thyroid gland.

Bromide - HIGH (Toxic Halide)

Bromine, which is being ingested in increasing amounts in society, can be found in carbonated drinks, pastas, vegetable oil, flour, fire retardants in mattresses, anti-bacterial agents for pools and hot tubs, baby products and mobile phones. As methyl bromide its used in farming, import and export, despite being labelled at The Geneva Convention as an environmental toxin. It is being added in more and more medications nowadays including cough mixes and antidepressants (hydrobromide). Chlorine and fluoride come from sources like water used for bathing and drinking, toothpaste and can also be found in the air we breathe.

As we have unintentionally increased our levels of non-essential bromine, chlorine and fluoride to the body, our iodine is be pushed out, so our levels go down. Combined with a lower mineral intake from our foods due to farming soils and storage methods, patients being tested for Iodine deficiency and Thyroid function will also require Bromide testing and support.

Thyroid - HIGH TSH

A high TSH reading indicates that your pituitary gland in the brain is overstimulating the thyroid gland to produce more thyroid hormone because your thyroid is not producing enough. This indicates an under functioning thyroid or "hypothyroid" state. The normal reference ranges for TSH are usually too high for most people suffering from a thyroid imbalance. I like to see the TSH in the region of 1-1.5 to indicate good thyroid function. However, even in these situations it is still possible to have a thyroid imbalance as TSH is not a particularly good marker on its own for establishing true thyroid function.

Thyroid- LOW Free T3

Free T3 is the active form of thyroid hormone. It converts from T4 in the body. "free" just means it is not bound to a protein so it's available for action at cellular level. Low Free T3 indicates you are not converting enough T4 to T3 and so do not have enough thyroid hormone to function well.

Alternatively with a low T4 level there may not be enough T4 to convert it to optimal levels. This leads to symptoms of hypo or underactive thyroid.

Thyroid- LOW Free T4

Free T4 is the largely inactive form of thyroid hormone. It converts to T3 in the body. "free" just means it is not bound to a protein so it is available for conversion to T3. Low free T4 indicates an under production of thyroid hormone. I will be addressing this with your treatment plan to increase production.

Thyroid- HIGH Reverse T3 (RT3)

High RT3 can be present with liver congestion, stress or adrenal fatigue and low iron or B12 levels. It is elevated when T4 converts to RT3. RT3 is the inactive form of thyroid hormone that blocks the effect of T3 (active thyroid hormone – the thyroid hormone that does all the work) at a cellular level leading to reduced thyroid hormone function at tissue level. We need to work with this to reduce it and improve conversion of T4 to T3 not RT3.

Nutritional/ Metabolic- LOW Ferritin

Iron is essential for regulation of thyroid hormones. Ferritin levels can increase as a result of many things such as inflammation, infection or damage to your organs, such as the liver and spleen. Ferritin is what's known as an acute phase reactant that is controlled by inflammatory markers called cytokines and by the liver hormone Hepcidin. This means that when the body experiences inflammation, ferritin levels can also go up. (Please note, pain and inflammation are not the same thing. Any damage or oxidation from poor nutritional or hormone imbalances may contribute to this issue.) In the presence of these things, a Ferritin level of 120-150 is Optimal. Ferritin and iron stores will trend high from more acute inflammation, then low from severe deficiency or chronic inflammation.

Nutritional/ Metabolic - LOW Active B12

Low levels of B12 can lead to depression, irritability and fatigue. It is also a major player in the methylation cycle and can affect the immune system, hormonal system (including thyroid) nervous system and detox pathways.

Nutritional/ Metabolic - LOW Vitamin D

Vitamin D is a hormone precursor, and needed for a healthy hormonal and immune system, DNA repair and healthy metabolic processes. Deficiency is linked with mood disorders, autoimmune dysfunction, increased cardiovascular risk and recurrent infections. Especially after Summer it should be at least 50 . If below 50 supplementation is needed.

Cardiovascular Profile - HIGH Cholesterol

Elevated cholesterol levels are associated with underactive thyroid symptoms. Sex hormones estrogen testosterone progesterone and adrenal hormones are cholesterol based. We need cholesterol to maintain healthy hormone function. LDL is your "bad" cholesterol and HDL is your "good cholesterol". Having said that the ratio between the two is the most important thing to look at. If elevated cholesterol is primarily LDL, the protein carrier sending cholesterol to cells then this shows

your cholesterol is currently on demand by your body. Raised HDL shows the body bringing lots back to the liver. In a healthy state the triglycerides, both carriers, and the total cholesterol should be in range. It's very common to see these imbalances in a thyroid patient.

Blood Sugar - HIGH Insulin

High Insulin levels indicate insulin resistance and impaired ability to utilise glucose for energy, leading to fatigue and fat storage. Also common in PCOS. A glucose to insulin ratio of less than 4.5 is suggestive of insulin resistance.

Adrenal Gland Dysregulation - Cortisol

Adrenal cortisol result indicates there is no Cushing's or Addison's disease, the issue is poor diurnal (day/night) ratio pattern. The pattern of cortisol through the day (diurnal cortisol) should be highest during the morning and lower throughout the day. Alterations in this normal pattern indicates adrenal dysfunction that can lead to fatigue at times in the day when you should feel energized and anxious due to overstimulation of cortisol when you don't need it. This is an indicator that your adrenals are trying to regulate themselves.

Adrenal Results - LOW Melatonin RESULT 24.53 (>50)

The melatonin neurotransmitter/hormone production peaks at night time when it is dark. Low levels cause poor quality sleep. Its necessary for organ rest and metabolic recovery, if the brain thinks its daytime at night time due to cortisol patterns it will not be regulated well. This is not always associated with sleep symptom severity or insomnia. It is also necessary for inflammation and sugar regulation, healing, reducing daytime fatigue and supporting metabolism.

FOOD INTOLERANCE RESULTS

FOOD INTOLERANCE RESULTS:

Please eliminate the RED and ORANGE foods for 3 months and significantly reduce the YELLOW foods (once per week exposure only). The foods in BLUE are neutral foods and can be consumed freely.

You have 2 mild YELLOW, 1 moderate ORANGE and 3 strong RED sensitivities, your report is attached:

EGGS (all foods made with eggs in them) RED

COWS MILK (all foods made from cow's milk/dairy, other animal milks and plant based milks are fine)
RED

YEAST (please read the attached information as there are many foods that contain yeast that you may not be aware of) YELLOW

PEANUTS ORANGE

OATS YELLOW

WHEAT RED

Please find some informational handouts in attachments to help with substitution of the above foods.

Also go to the HEALTH HUB - NUTRITION - Recipe Vault - and select the foods above to find recipes and ideas on replacements.

TREATMENT FOCUS

- DO NOT reorder the CALM X, the new prescription will replace this, however when you run out please take your magnesium tablets 1 with breakfast and 1 before bed.

- Please do not reorder any of the prescription items until I have reviewed these at your next consultation.

- Remove Dairy and Wheat from your diet to help reduce inflammation, please read through the handouts; you can find detailed information in the HEALTH HUB WEBSITE, go to NUTRITION, Dairy Free Guidelines and FAVORITE'S Gluten.

- I recommend you follow a MACRO style of diet for optimal health, improved healing time, and healthy weight/metabolism management. I have attached information about this, and two Example Menus (you do not have to follow these, they are just examples). You can also find recipes on the Health Hub website to help you construct a healthy diet with your food intolerances eliminated: go to NUTRITION then select Recipe Vault from the drop down menu.

- Ensure that you are using plenty of Himalayan or Celtic salt daily in and on your meals (read Salt Benefits and the other two salt related documents), begin SALT FLUSHING and continue until at full dose of the Energy Formula One compound capsules as below.

- Consume at least 2Lt of non-fluoridated water (Pureau from Coles or Woolworths in Blue and white box, not plastic bottled water OR we recommend the Zazen bench top filter) daily.

- Switch to a non-fluoridated toothpaste, there should be 3 or 4 choices in the supermarket.

- Do not over exercise, go easy on the cardiovascular type exercises.

- where hair loss has been an issue: massage castor oil into hair roots on areas of decreased growth. Leave it for 8 hours and rinse out. Complete twice weekly. (You can do this overnight) Castor oil strengthens the hair follicle, stops the hair fall and reinforces the scalp for optimal growth. Best to wash out starting with conditioner, then shampoo and condition as normal.

- Remember to include a little R and R in each day, such as Epsom Salt Bathing

- 1-2 baths per week. Epsom Salts in water break down into magnesium and sulfate. They are absorbed through the skin and may increase the magnesium levels in your body. Epsom salt baths are popular for softening and exfoliating skin, relaxation, drawing impurities out of skin and may help migraines. The magnesium in Epsom salt helps relieve stress and improves relaxation and sleep when used in baths, according to the Epsom Salt Council. Stress can lead to reduced magnesium levels in the blood, resulting in the production of adrenalin. The magnesium in Epsom salt is absorbed through the skin and then binds with serotonin in the brain, helping you to relax.

To prepare your epsom salts bath, enjoy 2 cups of epsom salts in a standard bathtub and fill it with water that's hot - but not too hot. Once the salts are fully dissolved, get into the tub, and then lie back

and soak for 15-20 minutes, topping up the bath with hot water as needed. When you've finished bathing pat yourself dry and go to bed - add 2 drops of lavender to help relieve stress and tension.

SUPPLEMENT SUMMARY AND DOSAGE

ENERGY FORMULA ONE	titrating (as below) to 2 after breakfast and dinner
ENDURACEL	1 after breakfast and dinner
HEMAGENICS IRON	1 after dinner
VITAMIN D	1.5ml after breakfast and dinner
GYNO CLEAR	2 after breakfast, lunch and dinner
TRI MAG SUPREME (or your own magnesium)	1 after breakfast

MAGNOLIA 125

SCHIZANDRA 100

GYMNEMA 100

SHEPPHERDS PURSE 150

BLUE COHOSH 50 8ml after breakfast and dinner

SUPPLEMENT PRESCRIPTION

These are the items that I would like you to take until we see you for your next consultation. Please follow the directions carefully, as some label descriptions are not applicable and I need you to take the dose that I have outlined below for full therapeutic benefit.

Sometimes herbal medicines and or supplements can make you feel a little nauseous due to liver detox, if this is the case, please take them with or after food. It is extremely rare but if you do have any reactions to any of the prescriptions, please stop taking all supplements and herbal medicines and get in touch to let us know. We can then review your case and make our recommendations. Email is the most efficient way to contact us and we endeavour to get back to you within 24 working hours.

If you have a supplement that I have indicated as a long-term (can take indefinitely) prescription please feel free to reorder this as you need through orders@thelucyroseclinic.com.au

Please be aware that your compounded products are made for you specifically and sent out to you by the pharmacy direct. The pharmacy will contact you by phone and SMS to complete a mandatory health questionnaire (2 mins) before your products can be released. You can call them at your convenience on 1300 887 346 if you miss the call.

NB: We also recommend you complete a 24 hour urinary iodine loading test every 12 months to maintain any compounding prescription that contains iodine and make sure your health is on track.

Energy Formula One Capsules

Please take one capsule in the morning. If you do not experience any "detox symptoms" such as nausea, headaches and fatigue then please increase by one capsule daily until you are able to take 2 capsules in the morning and 2 capsules in the early afternoon. It is best to not take this formula after 5pm as it is designed to increase your energy levels and support adrenal function. Please take with food if you experience any digestive upset.

This formula includes the most readily absorbed forms of minerals and vitamins, in high doses including iodine. It has been designed for you to increase energy, support the nervous system and lift all necessary minerals and vitamins for optimal thyroid and adrenal health.

This is a Compounding Pharmacy Bundle : Please note this item will have been developed, formulated and custom made for your unique needs and will be posted to you directly from the compounding pharmacy we work with. Please be aware that the pharmacy will contact you by phone and SMS to complete a mandatory health questionnaire (2 mins) before your products can be released. You can call them at your convenience on 1300 887 346 if you miss the call.

To order repeat prescriptions of your products, simply place an order through orders@thelucyroseclinic.com.au or speak to your Lucy Rose practitioner. Please contact us if you have not received it within 5 business days.

We may want to adjust your dose every six months until you are on a maintenance dose of this formula. (Please note you will need to cease taking any iodine (for 72 hours) prior to retesting the 24 hours Iodine Load Test or iodine spot test). Our preference is that you repeat a halide test (24 hour urinary load test) every 12 months and have a report of findings appointment with us, just to make sure you are on track with your health.

Enduracell Bioactive

Please take 1 capsule in the morning and one capsule in the evening.

Broccoli sprout extract is the main ingredient in this product and I have prescribed this for you as an anti-inflammatory and to support your liver function, improve your antioxidant status and detox pathways. Occasionally it can cause digestive upset as it is a digestive regulator. It isn't anything to be concerned about but if this happens and you feel uncomfortable, reach out via email and we can make our recommendations.

It is nutrigenomic (helping with gene expression) and is a power house supplement. It is going to really help prime your body for the mineral and vitamin therapies we are going to be adding when we get your test results back.

You need to take this product with selenium drops (below). You need to have adequate levels of selenium to produce thyroid hormone, improve immunity and also to protect the thyroid gland.

**As a defence formula it is advised to take this product long term due to its potent antioxidant, anti-inflammatory liver detoxification and nutrigenomic protection.

Hemagenics Iron Advanced (24 mg iron per capsule)

Please take 1 capsule daily with dinner (meat and veg) is ideal for absorption, as to not interfere with other mineral supplementation.

To improve iron levels for energy and thyroid health. Assists normal red blood cell production. Provides active B12, 5-MTHF and 24mg of highly bioavailable Iron bisglycinate (Meta Fe®). (Equivalent

Iron 24mg per capsule)

Vegetable capsule suitable for vegetarians and vegans, also suitable for pregnancy.

Vitamin D3 Liquid 1000IU per 0.25ml

Please take 1.5mL twice daily.

For low levels of Vitamin D3. Vitamin D3 plays an intrinsic role in calcium metabolism; the immune and nervous systems; and thyroid, bone, blood sugar, heart and kidney health. The working group of the Australian and New Zealand Bone and Mineral Society, Endocrine Society of Australia and Osteoporosis Australia state that a significant number of Australians are deficient in vitamin D. Vitamin D3 is involved in healthy prostate cell differentiation. Vitamin D3 aids in healthy calcium absorption and metabolism. Maintenance D3 is in the compounding for you once this is finished.

** You can take this product indefinitely.

Gyno Clear

2 capsules 3 times daily.

The ingredients in Gyno Clear are traditionally used to or may: Relieve and manage painful and heavy menstruation. Supports healthy female menstrual function.

** You can take this product indefinitely.

TriMag Supreme

Take 1 capsule per day.

Maintains energy levels, muscle function and assists bone building.

Delivers 150 mg of elemental magnesium per serve

Provides three sources of magnesium for enhanced efficacy/physiological effect - amino acid chelate, glycerophosphate and orotate

One-per-day dosage for improved patient compliance

HERBAL MEDICINE MIX

Please take 8ml morning and night in a little water or fruit juice, before food.

Herbal medicines can taste very average, so make sure you have something to take the taste away after you take them; Pomegranate juice hides the flavor best I am told by clients.

The following herbal medicines will be blended together in one large bottle in our dispensary and posted out to you at the same time as your supplements. I have added below what I am putting in the formula so that you can see what actions the herbs have.

It is suggested that you have a herbal medicine review every 4-6 weeks, do not reorder these without a review in consultation, unless i have said that the mix will not be changed.

MAGNOLIA

Calms an overstimulated nervous system. Improves sleep and brain function. Supportive to the cardiovascular system. Balances blood sugar levels. Supports digestive function.

SCHISANDRA

Liver tonic and hormonal regulation via the liver, aids immune system and blood sugar, increases energy and supports skin health.

GYMNEMA

Helps with sugar cravings, regulates blood sugar and supports pancreatic health. Improves glucose metabolism and reduces sugar cravings whilst increasing energy. Reduces excessive cholesterol and triglycerides

SHEPARD'S PURSE

Uterine tonic and antihaemorrhagic to aid excessive and dysfunctional menstrual bleeding. Urinary antiseptic for acute cystitis

BLUE COHOSH

Hormonal regulation, helpful in cases of pelvic inflammatory disease and endometriosis. Useful for rheumatism and bronchitis. Calms nervous disorders.

If you have any questions about this treatment plan, please don't hesitate to get in touch at teamlucy@thelucyroseclinic.com.au

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