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**Fwd: Blood results**

2 messages

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**Louisa Sullivan** <Louisa.Sullivan@gpt.com.au>

Wed, Jul 9, 2025 at 5:57 PM

To: "stephanie@stephanieleishman.com" &lt;stephanie@stephanieleishman.com&gt;

Sent from my iPhone

Begin forwarded message:

**From:** Emily Cahill <emily@wellnessguru.com.au>**Date:** 14 June 2025 at 1:57:23 PM GMT+10**Subject: Re: Blood results**

Hi Louise,

Thanks so much for sending those through. I agree cholesterol is a little high- it's primarily the Non-HDL that I look at which is 4.1 (ideally <3.4) and Triglyceride:HDL ratio which is good at 0.31 and you have a good level of protective cholesterol (HDL). Your ferritin is below optimal so I wouldn't mind starting you back on an iron supplement- if you've still got any BioHeme left, start back on that- 2 capsules every 2 days preferably in the morning on an empty stomach and I'll add it to Natural Script for you to reorder as needed.

With the rest of your results, your Magnesium is low so I'd recommend increasing Tri-Mag supreme to two capsules twice a day and I'd reduce your vitamin D dose as well- not sure if you were still taking it every day but could drop to every 2nd day. Your urea is a little lower than optimal so keep working on increasing your protein intake. I'm not sure how many of the 10x Optimize you are taking but I would recommend trialling dropping it to one a day as the addition of that is putting a number of your minerals out of balance when I calculated your nutrient + supplement intake and may be contributing to your low magnesium and low iron levels. Your dietary intake of iron is also too low (which would also contribute to lower iron levels) so I recommend looking at where you can increase that through your diet.

Warm Regards,

**Emily Cahill**

Naturopath, Registered Nurse  
BHSc (Naturopathy), BHSc (Nursing)  
Wahls Protocol® Certified Health Practitioner



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On Fri, Jun 13, 2025 at 10:24 AM Louisa Sullivan <[Louisa.Sullivan@gpt.com.au](mailto:Louisa.Sullivan@gpt.com.au)> wrote:

Hi Emily

Hope you're well.

Just got my bloods back. Looks like my cholesterol is high and my iron is low but keen on your thoughts 😊

Thanks  
Louisa

Sent from my iPhone

Begin forwarded message:

**From:** Louisa Sullivan <[louisasullivan28@icloud.com](mailto:louisasullivan28@icloud.com)>  
**Date:** 13 June 2025 at 10:17:48 AM GMT+10  
**To:** Louisa Sullivan <[Louisa.Sullivan@gpt.com.au](mailto:Louisa.Sullivan@gpt.com.au)>  
**Subject:** Blood results


Sent from my iPhone

**Louisa Sullivan**  
Leasing Executive

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GPT acknowledges the Traditional Custodians of the land and pays respect to all Elders both past and present.

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**Louisa Sullivan** <[Louisa.Sullivan@gpt.com.au](mailto:Louisa.Sullivan@gpt.com.au)>

Wed, Jul 9, 2025 at 5:59 PM

To: "stephanie@stephanieleishman.com" <[stephanie@stephanieleishman.com](mailto:stephanie@stephanieleishman.com)>

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