

Follow-up No. Treatment Plan for Lisa Kirkham

Follow-up Consult Appointment Date: Jun 26, 2018 02:08 PM

Hi Lisa ,

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

Please see Protocol for further details.

TODAY: Out of Range Test Results and Reference Ranges

Spot Iodine: (Reference Range >12)

24 Hour Iodine Load Kit: (Reference Range >90%)

Bromide: (Reference Range >2)

TSH: (Reference Range 0.4 - 1.5)

Free T3: (Reference Range 5.9 - 6.8)

Free T4: (Reference Range 15.4 - 19.3)

Estrogen: (Estradiol E2 - See test results for age related or stage related reference ranges)

DiurnalCortisol: (Reference Range 8-10am: <21.6) (2-4pm: <6.7) 10pm-12am: <5.74)

Melatonin: (Reference Range 20 - 40)

EXPLANATION OF OUT OF RANGE RESULTS

IODINE DEFICIENT: 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.

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.

HIGH BROMIDE: High Bromide indicates a bromide toxicity. Bromide is a toxic halide found in our environment (Fire Retardant and Pesticide mainly) that blocks iodine uptake. This is an element that we need to work on detoxing.

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.

HIGH 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 available for conversion to T3. High Free T4 indicates you are potentially in a hyperthyroid state, alternating high to low thyroid state OR that you are not converting your T4 into T3 sufficiently and your T4 is building up. With underactive or hypothyroid symptoms the latter is the case. This illustrates the need for a full thyroid screen, symptom and reflex speed assessment to build the true picture of thyroid function.

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.

LOW ESTROGEN (estradiol E2): (See test results for age related or stage related reference ranges) Predominantly seen in menopausal and younger women. If you have little or no progesterone to balance its effects in the body, even a woman with low estrogen levels can have estrogen dominance symptoms if she doesn't have enough progesterone.

DIURNAL CORTISOL 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.

LOW MELATONIN: Melatonin is your sleep hormone. If it is low this could be causing sleep disturbances or insomnia. It is stimulated in a dark room at night. If low, black out curtains may help to restore it. I will be addressing this with your

treatment program as sleep is essential for health and wellbeing, weight management, sugar regulation and energy of course.

Health Treatment Plan

Supplements Prescribed

VEGGIE DIGESTAID: Please take 1 tablet 3 x per day, with meals. Enzymatic digestive support, repairs tissue integrity, eliminates toxic bowel waste and helps with the digestion of foods to reduce digestive discomfort, gas and bloating. Vegetarian Friendly.

ENTEROCARE: Please take 1 tsp in a little water 1 times a day. Digestive support formula to soothe the digestive lining and promote healthy bacterial repopulation through the probiotic ingredients.

FIBROPLEX PLUS: Please take 1 scoop in water daily. A magnesium formula for muscle relaxation, cramps, spasm relief and improved adrenal function. Magnesium is involved in the production of ATP in the mitochondria to support energy production. Compromised muscle energy metabolism and decreased ATP production in tender points are present in fibromyalgia. A daily dose of 600 mg of magnesium has been shown to assist in the management and symptomatic relief of fibromyalgia, including symptoms such as pain and tenderness which can be expected within the first 48 hours. Magnesium has also been clinically shown to significantly decrease migraine frequency by 41.6% compared to the placebo group of 15.8%. Magnesium is involved in the control of cerebral blood flow and plays a role in pain transmission within the nervous system.

NERVINE CALM: Please take 1 Tablets 3 times per day. Herbal and nutritional support for the endocrine and nervous system to improve stamina and energy. Withania is known to have an effect on the HPA axis (including cortisol levels) which are known to modulate the stress response and either improve or hinder adaptation. Beneficial for anxiety, low mood and irritability, stress, palpitations and hyper/hypo symptom fluctuations by regulation of serotonin and dopamine receptors for nerve and thyroid regulation. Soothing nerve related bowel changes and nutritional support for the adrenal glands. Aids sleep if taken at night.

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.

See you again soon.
Regards,

Sandy
Your Lucy Rose Clinic Naturopath

Your Next Follow up Appointment Date is scheduled For 30th July at 11am