

Initial Treatment Plan for Lisa Kirkham

Initial Appointment Date: May 23, 2018

Hi Lisa,

It was great to meet you!

Please see your treatment plan below. I always think it is best to print this out and read it thoroughly so you can make sure you are clear on all the recommendations I am making. I did cover a lot in today's appointment so I want to make sure you use this document to guide you until I see you at your follow up in a few weeks.

I am here to support you through your treatments and am committed to finding the underlying cause of your health concerns and helping you get better.

I would like to see you regularly for the next 16 -20 weeks to ensure that we monitor your progress and you get the most out of your treatment. This gives me the opportunity to reassess your results in terms of symptoms and ongoing screening and allows me to adjust your treatment accordingly so that we get the results as quickly and effectively as possible. I will talk to you next time about The Lucy Rose Clinic Program as I think this would be great option for you.

****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.**

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.

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 (1300849764)

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

~ For emergencies/reaction, please contact 02-8599-1470

I am really looking forward to working with you and look forward to seeing you again soon.

Kind Regards,

Sandy

Your Lucy Rose Clinic Naturopath

Your next appointment is 28th June at 10am



Diagnostics Performed

Thyroxine Diagnostic Performed May 23, 2018:

Reflex speed: 329 (Optimal 52 – 100 Sub optimal 100-136 Insufficient hormone >136)
RMR: 1690 (Optimal reading 2250)
HYPO: 42
HYPER: 6

Diagnostics and Screening Prescribed Today

Comprehensive Analysis -

Includes the 24 Hour Iodine Load Kit, Bromide and Blood work: TGAB, TPO, TRABS, Free T3, Free T4, TSH, RT3, Active B12, 5MTHF, VIT D, 5MTHF, Ferritin, Iron, RBC Folate, Transferrin, Triglycerides, LDL, HDL, Homocysteine & CRP, E2, E3, E1, Progesterone, Leptin, Testosterone, blood sugar profile, heavy metals scan, DHEA, Cortisol and Melatonin, FOOD INTOLERANCE TEST.

Things to do –

Queen Bee - <https://www.queenbeesecrets.com.au/> - for your dermatitis

Relaxation - once a week - meditation (I gave you the card), massage, walking etc.

Water filter - zazen water filter or Alp water filter.

Supplements Prescribed:

B12 LIQUID: Please take 1 spray daily (peppermint spray). Sub lingual oral spray provides a quicker and more efficient method of delivering vitamin B12 in a high dose. Digestive absorption is very low in patients with thyroid conditions. Vitamin B12 is required for the maintenance of healthy red blood cells, methylation pathways, male and female fertility, the nervous system and energy production.



Dietary Information

Salt

It is essential that we include "good" salt in our diet, either Himalayan Pink Salt or Unrefined Celtic Sea Salt (1-2tsp daily is optimal) to ensure we are boosting iodine and mineral levels in the body. It is best to use it in your cooking, as opposed to adding it to the top of your meal, as during cooking the food absorbs the correct mineral quantities for consumption. Evidently, taste is not always a reliable method of measurement. If your diet includes processed foods, it is highly likely that you are consuming far more than 1-2 tsps of salt daily. Processed foods, also contain a "poor" form of salt and should be avoided wherever possible.

Water

Water is vital to our health and is the most plentiful substance in our body as it constitutes over 60% of our body weight. Not drinking enough water puts stress on the body. Kidney function may be affected, gallstones and kidney stones are likely to form, and immune function will be impaired. Energy levels will be really low if you are even mildly dehydrated.

Try not to drink tap water as it has fluoride and chlorine in it. These are toxic halides that compete for iodine in the body and can lead to disease states. You can buy large containers of water that can be delivered to your house that are much better for you or you can buy a water filter (we recommend an ion transfer filter – beware, some of the water filters out there can sometimes be more harmful than good) Please ask me if you are interested in a whole house water filter or tap filter as we can recommend a high quality one so you know you are getting pure fluoride free water. Always store drink water in BPA free plastic ware. Try to drink 2 liters per day and 1 liter extra per hour of exercise you do.

Bromides

One of the most concerning toxic chemicals that lower iodine absorption in thyroid and glandular health is bromide. Over and over people come to our clinic assuming that they can't possibly be toxic in bromide (a nasty chemical similar in structure to iodine) because they are gluten free, eat a clean diet, etc. Guess what? It isn't diet related in many cases, but due to environmental exposure, which is unavoidable.

Bromide is a flame retardant that is used in and on many items around you. These include carpeting, furniture, mattresses, clothing, computers, iPhones, and automobiles – just to name a few. Food sources can include items like baked goods that contain brominated flour or vegetable oil as well as soft drinks like Mountain Dew, other citrus based sodas and products such as Gatorade. For many years it was used in the form of Methyl Bromide as a pesticide on strawberries and many other fruits. Unrefined or Himalayan salt will help to rid the body of this toxic halide. We encourage all our patients to buy produce organically to avoid the nasty sprays and chemicals. If you cannot buy organically then below are some options to help you to reduce exposure to these toxins when buying your fruit and vegetables.

These lists are called the "dirty dozen, and the clean fifteen" for fruit and vegetables. These will help you to identify better choices when shopping in the supermarket.

Better to Buy These Items Organically - Dirty Dozen - http://www.ewg.org/foodnews/dirty_dozen_list.php

Optional to Buy Non Organically - http://www.ewg.org/foodnews/clean_fifteen_list.php

Protein

The main focus for you is to eat small meals and often to help with blood sugar regulation and reducing stress.

Protein with each meal is so important and eating it with every meal and snack.

LEAN Organic meats, fish, eggs, tempeh, nuts, seeds and combining beans/lentils with whole grains.

Avoid soy replacements.



Snacks

Snacks can be nuts and seeds, up to 2 pieces of fruit daily, hummus and veg dips, boiled eggs, miso soup, good quality protein bars, or Raw Bliss Balls found at health food stores.

OR you can make your own:

Ingredients:

2 cups of walnuts	2/3 cup raw cacao powder (raw chocolate)
1 cup sunflower seeds	8 fresh MEDJOOOL dates pitted, and chopped coarsely
1 cup shredded coconut	¼ cup water and a pinch of Himalayan pink salt.

Method:

- 1) Combine walnuts, sunflower seeds, dates and coconut in the bowl of a food processor. Pulse until ingredients are well combined
- 2) Add the cacao powder, salt and water to the bowl and process until the mixture forms a dough.
- 3) Form the dough into medium sized balls by rolling a portion between your palms. Place the finished balls on a tray with waxed paper or in a container and chill (for at least 30 mins before serving) Keep in the fridge – ENJOY

Takeaways Processed Foods

Processed foods have lots of refined carbohydrates in them (white flour and sugar). They also contain preservatives and coloring's which damage the body. They also contain hidden "poor" fats and can be very salty. Try not to eat too many as over time the toxic load on the body can start to cause problems with digestion, energy levels and immunity

Vegetables

Obviously so important! High in vitamins, antioxidants and minerals. Aim for 2-3 handfuls of veg with each meal. A range of color is best and including green leafy salads and veg is really important. Variation is absolutely crucial, don't get caught up eating the same range of 5-7 veggies over and over again in a week. Too much broccoli, cabbage, strawberries, soy products or brussel sprouts can actually lower thyroid function. They should occur in a healthy diet, but a variety will guarantee that these only end up on your plate once a week.

Organic where possible really increases your mineral intake and reduces pesticide and toxic load. When organic produce is not available, soak your conventional fruit and veg in a sink full of filtered water adding 1 cup of Apple Cider Vinegar, the rinse as normal. This will help to lift the pesticide residue. Tea and coffee cannot be soaked this way, so it is very important not only to minimize these but make sure they're chemical free. Otherwise, we are drinking the chemicals that have rinsed off.

Grains Carbohydrates

Avoid white flour products completely.

Up to a handful is okay if they don't affect you, preferably in your earlier meals. You wouldn't have a plain bowl of meat, or plain carrots by themselves as a meal, so we also shouldn't have a whole bowl of grain as a meal.

Try to avoid gluten where possible as it is a neurotoxin and harmful to the body as its structure has been changed over the years and our bodies can no longer tolerate it well.

Grains to choose are coconut flour, brown rice, polenta, quinoa, chickpea flour and buckwheat.

Quinoa – (a small grain similar to couscous and brown rice). Just boil for 15 minutes and use through salads and as a grain like brown rice. You can also buy puffed quinoa and use that as a cereal. Pronounced 'keen-wah'.

Buckwheat – can use the flour to make savory or sweet pancakes and as pasta also.



Fats

Alternatives to butter are avocado, nut butters, tahini (ground sesame paste), hummus, flax oil or olive oil. Only cook with oil by stirring it in at the end of your meal, as heating can damage health properties of good fats. You can cook with coconut oil (there are many brands and all have different levels of "coconut taste to "no taste" at all). If you must drink milk only use unhomogenised (Barambah or Pauls Organic milk). Alternatives to milk are rice, coconut or almond milk when practicing a dairy free diet.

Try to eat fresh oily fish and maybe include LSA (ground linseeds, sunflower seeds and almonds) to get some omega 3 fats into your diet. These are anti-inflammatory and needed for the health of every cell in the body. Many people are deficient in these fats which are essential for our brains, skin and immune systems.

Never eat margarine, this is highly processed and has "trans fats" in them due to the processing of them. These are highly damaging to the body. Keep LSA and all nuts in the fridge, especially in summer to avoid rancidity.

Sugar

It is a good idea to avoid sugar. It is very pro inflammatory in the body and can lead to higher acidity. The body works better in an alkaline environment and many disease states involve inflammation. It also has a detrimental effect on mood and many other health conditions, especially when combined with caffeine.

Check packaging for hidden sugar, most processed foods have sugar in them. "Sucrose, glucose, maltose, lactose, fructose and corn syrup" show that extra sugar has been added. Refined sugar and simple sugars (corn syrup, honey, maple syrup etc.) place stress on our blood sugar control and other body control mechanisms. When high-sugar foods are eaten alone, blood sugar levels spike quickly, producing a heightened release of insulin. This leads to an eventual energy drop and insulin becoming less effective in the body. Insulin regulates our blood sugar.

Stevia is a sweet herb native to South America. It is calorie-free and does not interfere with blood-sugar levels, making it an excellent alternative to sugar and artificial sweeteners. Another natural sweetener is Xylitol which promotes dental and digestive health.

Seaweeds

Seaweeds gets its own section! Adding in seaweeds is the best thing you can do as they are high in minerals which we often lack. There are many types of seaweeds such as:

Kombu – this is a leathery type of seaweed. You add in a whole strip to any veggies you are cooking, soups, rice, pastas etc. The food will absorb the nutrients from the seaweed as they leech into the water.

Karengo fronds – these are small and light that can be sprinkled on anything. They have a salty taste so perfect for salads, veggies etc.

Nori – obviously the sushi wrap but these sheets can be bought from all supermarkets and can be used as a wrap for all sorts of other fillings, like you would a bread wrap. Most organic.

Iodine Intake

No longer in Australian soil, or any country with modern farming, Iodine is available from seafood and seaweed products. This does not include freshwater fish like salmon (very low iodine content) or trout, or processed fish like canned tuna.



The main halides and toxins in our environment that prevent Iodine uptake are bromide, fluoride and chloride, and unrefined sea salt (not Celtic or Iodized salt). Drink only spring water not tap or filtered as it will still contain low doses of these toxins. Although shower bath water cannot be avoided you can get fit-on filters for a variety of taps to reduce exposure to these chemical Iodine blockers. Also, many of these chemicals can be inhaled in the lungs or absorbed via the skin from home cleaning, laundry or swimming pool products. Swap to natural source cleaners, and avoid aerosol cans in favor of pump bottles.

Eliminating Colourings

Food additives are used to prevent spoiling or to enhance flavor. They include preservatives, artificial colors, artificial flavorings and acidifiers. Many additives have been linked to depression, hyperactivity and learning disabilities in children, headaches, asthma and other allergies. Focus on buying whole, natural foods and to avoid foods that are highly processed. Purchase the Chemical Maze to identify additive codes. For example MSG is often labeled as 621 to deceive the consumer. When you eat more than one preservative or coloring together their toxic effects are compounded; i.e. they are much more toxic when combined.

Avoid the artificial sweetener known as aspartame or amino-sweet 951, also known as Nutrisweet, Splenda or Equal. It is a poison and must be avoided. It is found in over 500 products everything from jams, jellies and chewing gum (which is also not advised)

Yellow dye #5 or tartrazine is added to almost every packaged food. It is known to induce asthma, hives and other allergic conditions. Preservatives such as sodium benzoate, nitrates, nitrites and sulfites work to prevent spoilage primarily by checking the growth of micro-organisms. Nitrates and nitrites are known as carcinogens and sulfites and benzoates are capable of producing allergic reactions.

If chemical dangers are new to you, try to free phone application "ADDITIVE ALERTS". It's simple, fast, and straight to the point. Simply enter the number of the chemical or its chemical name to find out the health effects.

Pesticides

Pesticides are designed to kill insects and other organisms. However, experts estimate that only 2% of the pesticide actually serves its purpose, while over 90% is absorbed into the air, water, soil or food supply. Most pesticides in use are synthetic chemicals of questionable safety. Over the long-term, exposure to pesticides can cause cancer and birth defects. In the short-term, the major health risks of acute pesticide intoxication include vomiting, diarrhea, blurred vision, tremors, convulsions and nerve damage. Buy organic produce if possible.

Cosmetics

They contain an astounding number of ingredients, many of which (eg: the wide range of parabens) are toxic. Sodium Lauryl sulphate used to clean garage floors and degrease engines, dioxins (suspected of being carcinogenic). Since all toxins help to break down the body's defenses, it is very advisable that all sources of toxins be eliminated from our daily lives. This includes toxin-rich cosmetics.

Dietary Tips

Eating Smaller Portions

Eat smaller portions – no large, heavy meals or high-fat foods.



Eat Only When Hungry

Eat only when hungry, or stimulate appetite with lemon juice or apple cider vinegar in warm water, 30 minutes before meals.

Chew Food Properly

Chew food properly and be relaxed at meal times.

Last Meal

Have your last meal three hours before going to bed.

Daily Diet Diary

A daily diet diary helps to keep track of what is eaten, and what triggers eating.

Stress Management

Stress management is important especially for those who tend to eat emotionally; it will also help with the digestion and the overall functioning of the body.

Sleep Tips

- Try a warm bath before bed with 2 large scoops of Epsom salts, adding lavender essential oil to assist in a blissful sleep.
- Try drinking a soothing chamomile tea to help with sleep
- It's a great idea to take all electrical devices eg: mobile phones, electrical alarm clocks, T,V etc out of the bedroom, or at least don't place them anywhere near your head whilst sleeping.
- Ensure your bedroom is as dark as possible.
- Meditation techniques can really help with stress. It helps us to breathe properly and oxygenate our brain well. We also manifest our desires when we relax into a meditation.

Balance

Bring a balance to all aspects of life such as work, home, exercise, food, socializing and emotions to ensure a more harmonious lifestyle.

Lifestyle

Be prepared to change your lifestyle for life, so it is not a quick fix crash diet.

Exercise**Exercise is essential ... It keeps us well.**

It improves sleep, insulin sensitivity, mood, lowers LDL's (bad cholesterol) and increases HDL's (good cholesterol) and much more. Exercising 4 times per week is a good amount and this should be of at least 30 – 60 minutes each time and ranging from gentle cardiovascular, resistance, weight training and stretching.

Pilates (helps with posture, "core" strength and back issues), Yoga (great for stretching and organ health) and walking (easy, free and good for the spirits) are all good choices.

Thank you for investing your time into reading your tailored treatment plan. Please keep me updated with your progress, as it will enable me to ensure you are reaching your health goals.

Warm regards,



Sandy Barnes

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