



Date: 13 January 2025

Client: Karen Hanna

Follow Up Appt: 10/02/2025 at 1pm for nutrition review.

Please email any previous test results to info@perthnaturalhealthnutrition.com.au

Also if you have any photos of allergic reactions/ flare up please email them through.

GI Map: Do your stool sample on a Sunday and keep it refrigerated until posted. Post your sample on Monday in the morning before 12pm. Take into the post office and hand to counter manager.

Blood tests: Please see your GP for repeat blood tests (I will send you a referral):

Supplement Prescription:

Gut Repair Protocol Stage 1 – Take the following supplements for the next month.

Supplement	Directions for Use			Reason
	Breakfast	Lunch	Dinner	
Thyrestore	1 capsule with food		1 capsule with food	Hashimoto's, supports thyroid function, thyroid hormone production and conversion. Can assist with reducing symptoms.

Nutrition Prescription:

Recommendation	Reason
Gluten free trial for 6 months to assess changes in gut health and thyroid symptoms. See the guidelines handout.	
Your guide to thyroid health – initiate the following from the nutrition section: <ul style="list-style-type: none">- 2 brazil nuts daily- Fish 2 – 3 times a week. This can include tinned tuna & salmon in addition to fresh white fish.- Include protein, carbohydrates and healthy fats in every meal- Gluten free	
Swap chocolate to 70% or more dark chocolate when at work.	
Red meat intake should be at least 2 – 3 times per week.	

Other:

Insight timer app to help with sleep.

- Search for beta waves for sleep.