

Date: 21/06/2025

Client: Janelle

Follow Up Appt: 19/07/2025 @ 11am for nutrition review.

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

Referrals:

- Follow-up blood test with your GP in 3-6 months: Thyroid function tests, iron studies
- Complete thyroid profile through RN Labs – I have emailed you a link to purchase the blood test kit from this lab. Please follow the instructions carefully before getting your blood taken.

Supplement Prescription:

Supplement	Directions for Use			Reason
	Breakfast	Lunch	Dinner	
Opti EPA/DHA	2 softgel capsules 1 – 2 times daily. Take throughout pregnancy and during breast feeding for newborn nervous system, eye and brain development.			No fishy aftertaste. Take with food. Helps support healthy foetal CNS/brain development. Support maternal health, reduces inflammation (Hashimoto's antibodies), maintains cognitive health and can be effective in alleviating depressive symptoms
Chewable ginger	Chew 1- 2 tablets daily Use when you are feeling nauseous.			Effective in reducing the severity and duration of nausea and vomiting during pregnancy. Does contain small amount of xylitol which may cause loose bowel movements, however 1 – 2 capsules usually does not cause this.
Pure Natal	1 capsule daily.			Supports healthy pregnancy in all stages and maternal health. Includes some thyroid supporting nutrients and activated folate to support foetal development
Thyrestore Discontinue during	Take two capsules daily at any time. Does not need to be with food.			Thyroid support, energy support, healthy stress response

pregnancy:			
Biocuticals liposomal methyl B12 spray	1 spray under the tongue once a day in the morning		Low blood levels, poor energy, assist with sleep and nervous system health.
PHGG	One Scoop 1x Daily into a large glass of water. Ensure to drink adequate water during the day.		Constipation support.
Tri mag restful night		1 scoop 30 minutes before bed	Do not take with melatonin. To help with sleep initiation and quality.

Nutrition prescription:

Please see pregnancy nutrition handout for specific nutrition advice. +

- Incorporate anti-inflammatory foods such as turmeric, ginger, and berries to help manage Hashimoto's symptoms & reduces inflammation

Recommendation	Reason
Trial gluten-free.	Reduces thyroid antibodies in Hashimoto's, reduces inflammation in the body, Gluten intolerance is common in Hashimoto's.
Eat small regular meals with a source of protein, carbohydrates and fat in each meal. <ul style="list-style-type: none"> - Meal timing every 4 hours equates to 3 main meals with 1 – 2 small snacks. 	Balances blood sugar levels, helps with energy during the day, provides the body with essential nutrients. Support energy levels during pregnancy and prevents blood sugar issues.
Laxative fruit smoothie <ul style="list-style-type: none"> - 1 tablespoon frozen pineapple - 3 dates - 1 handful baby spinach - 1 yellow or green kiwi fruit - ½ tablespoon psyllium husk Blend all ingredients into 300mls of water and drink daily.	Assist with constipation and complete emptying of the bowel.

To alleviate morning sickness:

2g, dried or fresh ginger – mix into a boiling water and drink before bed.

Fresh Ginger Tea Instructions:

- 1/2 tsp grated fresh ginger
- You may add some lemon juice and 1/4tsp of honey to sweeten and improve the taste.
- Steep the ginger for 5 – 10 minutes in boiling water. You can have up to 4 cups of ginger tea daily.

