

25/11/22

Dr Stephanie Miles

98 Maitland St

Narrabri, NSW 2390



Dear Dr Miles,

Sandra Sunderland (DOB 23/08/1964) has been seeing me for additional help with her ongoing symptoms of extreme fatigue, weight gain, poor memory/concentration, constipation and bloating.

I suspect Sandra's thyroid function is contributing to her fatigue and would like to identify any nutritional factors that can be assessed. Noting the significant emotional stress she's been under this past two years, there's a trend on Sandra's pathology of an increasing TSH and declining T4 over the last 2 years that concerns me.

With this in mind, would you consider referring her for the following investigations:

- Full thyroid panel – TSH, T4, T3, rT3, TPO, Tg
- Urinary Iodine
- Vit D
- CRP and ESR
- Plasma Selenium and Zinc

Current supplementation:

- MagTaur Xcell – Magnesium, B vitamins, taurine, Vit C
- Glutagenics – Glutamine, zinc, aloe vera, Vit A, Vit D, Boswellia
- Inflammoid Sustained Care – Turmeric, Boswellia, Devil's claw, Jamaican Dogwood

I greatly appreciate your review and care of this patient and of course will defer to your judgment. Should you have any questions please don't hesitate to contact me via phone or email.

Kind regards,

Lisa Hayne

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Adv dip Clinical Nutrition



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