

Wellness Plan – Caitlin Bailey – 2nd April 2022

Pathology Report:

Test Result	Importance	What we can do
Thyroid Stimulating Hormone (TSH) – high end of range (currently 4.79uU/ml) – ideal results would be on the lower end of normal	High levels of TSH indicates that the thyroid is sluggish. TSH is high as its trying to get the thyroid to increase output of T4 and T3 hormones. Symptoms of a sluggish thyroid can include difficulty losing weight, dry / dull skin, brittle hair, fatigue, brain fog, low energy, cold hands and feet, low mood.	Nutrients essential to optimal thyroid functioning include iodine, selenium, zinc and iron. Need to correct nutritional deficiencies by improving dietary intake and supplementation.
Thyroid antibodies - thyroid peroxidase (TPO-Ab) and thyroglobulin (Tg-Ab) present	Ideally, no thyroid antibodies should be present. Your levels are low but still indicates that there is a low level of autoimmunity present. If left untreated and levels rise, there is an increased risk of Hashimoto's, an autoimmune condition where your immune system starts attacking your thyroid tissue.	Aim to find the cause of what is triggering the immune reactions, reducing inflammation and gut healing is important, as is ensuring that you are getting the nutrients essential for optimal thyroid function.
Vitamin D – low end of range – currently sitting at 54nmol/L – I would like to see it around 100nmol/L	Vitamin D plays a vital role in immune regulation and is therefore vital in helping to reduce the current thyroid immune reaction we are seeing with the thyroid antibodies present.	Increase vitamin D levels through supplementation. 10 minutes of safe exposure each day is also recommended. Best to expose areas like your thighs and tummy to sunlight as there are more vitamin D receptors in these areas.
Total cholesterol is high, currently at 5.7mmol/L and LDLC (the bad cholesterol) is also high at 3.7mmol/L. Fasting glucose – currently at the high end of the normal range sitting at 5mmol/L	High levels of these, combined with your family history of cholesterol problems, increases your risk of cardiovascular issues such as diabetes in the future. Increased LDLC is commonly seen in patients with thyroid problems and can drive inflammation, which could be influencing the thyroid antibodies we presently see. Fasting glucose levels indicate there could be some insulin resistance which is a common driver of PCO's as discussed during our appointment.	Great news is these are totally reversible with diet and lifestyle changes such as increasing fibre, wholegrains and reducing processed foods, foods high in refined sugars and saturated fats. The Mediterranean diet been shown in a huge amount of studies to be beneficial in reducing cholesterol and inflammation.
Vitamin B12 – currently sitting at 363pmol/L – ideally would like to see it sitting around 500pmol/L	Is an important nutrient derived from animal products and is involved the antioxidant status of our body, and therefore low levels can also contribute to increased inflammation. It is also important in energy production and cognition.	For B12 to be absorbed affectively from our food, we required good stomach acids to be present. Taking the apple cider vinegar prior to meals as per the last treatment can help with this and supplementation can be considered.

Goals:

- Address underlying nutrient deficiencies present due to increased requirements (just stopped breastfeeding, this increases your nutrition requirements), poor dietary intake and absorption
- Address specific deficiencies to improve thyroid hormone production and reduce cholesterol levels
- Reduce inflammation via herbal and dietary support to reduce autoimmune reactions, and aid in reducing cholesterol levels within the body

Prescription: ranked in order of importance

Name	Breakfast	Lunch	Dinner	Why
Bioceuticals Thyroplex	1 tablet		1 tablet	Blend of nutrients and herbs that are essential for optimal thyroid health including iodine, tyrosine, selenium and zinc. It also contains vitamin D which will help boost those levels, and has some herbs which are anti-inflammatory in nature and are known to aid in reducing cholesterol and stabilising blood sugar levels. This is a great overall option which will work on multiple things at the same time.
BioMedica Omega Ease	2 capsules		2 capsules	Blend of essential fatty acids which will improve thyroid health, reduce inflammation and assist in some gut healing as well. Essential fatty acids are also very important for cardiovascular health, helping reduce cholesterol and are also great for skin health!
BioMedica Liposome Vitamin B12	1 spray			To help in correctly vitamin B12 levels, helping to improve energy and reduce inflammation.

Dietary Advice:

- Please see the attached handout about the Mediterranean Diet. There has been SO much research done on this diet and its rated the best diet to help reduce inflammation, reduce the risk of diabetes and cardiovascular disease by reducing cholesterol, and increases fibre and antioxidants. It does not involve restricting calories, but rather making healthier choices. I have included some recipes on the handout but just a quick google and you will be have so many examples of easy, quick recipe ideas.

- Increase hydrochloric acid production and improve digestion - have tablespoon of Apple Cider Vinegar in small glass of room temperature water around 15 minutes before meals – if you forget to have it this far before eating, its ok, still have it, its better to have it with food then not at all 😊
- Don't forget – putting some time aside for food preparation in advance can save us time during the week and help us to continue eating the healthiest we can!
- Alternatively you could look into some of these healthy prepared meal delivery services to help save time and still ensure you are eating healthy:
<https://nourishd.com.au/pages/meal-delivery-melbourne>
<https://www.soulara.com.au/>
www.macros.com.au
- Remember – eating small, regular meals will help stabilise blood sugar levels, balancing energy levels and promoting a good metabolism

Lifestyle Recommendations:

- Exercise is super important for both your thyroid health and reducing cholesterol levels. Exercise stimulates thyroid gland secretion and increases tissue sensitivity to thyroid hormones, aiding in the overall regulation and improvement of thyroid function. It is also essential in further preventing the decrease of your metabolic rate which will aid in weight loss and increased energy levels.

Referral:

- Breathe test 4 weeks post antibiotics – please send me a copy of the results