

Treatment Plan

For: Ellie Hinkley

Date: 03/10/23

Your goals:

"To look into nutrition for anything that exacerbates symptoms, find any deficiencies. Look at thyroid & hormone imbalances. Discuss postpartum health as this is a new world for me."

Main symptoms you're experiencing:

"Low energy, extreme mood swings, running on empty/extreme exhaustion, extreme mood swings, heightened anxiety/panic attacks, tired all the time, overwhelmed, feel chaotic, brain fog, forgetfulness, relying on coffee and craving sugar mid afternoon, zero libido."

Feel the onset of most/all of these began after 1st baby.

Summary of key issues suspected or identified (at this stage):

Energy 2/10, Mood 2/10, Stress 5/10, Sleep quality 3/10

Potential (multiple) nutritional deficiencies (after 2 babies in ~2 years, plus extended breastfeeding); may also be contributing to chronic symptoms (both physical and mental).

Impact of chronic poor sleep >2 years.

Digestive issues; constipation-diarrhea cycle. Suspect some gut dysbiosis given history of antibiotic use in past and current bowel symptoms. Gut dysbiosis may be contributing to many symptoms (physical and mental). Need to support digestive function and enhance the body's detoxification via bowel.

Low dietary intake of adequate protein, healthy fats/omega 3, complex carbs, fibre; to meet both your needs and breastfeeding needs.

Current supplements/powders not completely adequate for current needs.

Concerns around weight gain since 1st pregnancy.

Key focus areas (at this stage):

Test (and address) underlying nutritional deficiencies/insufficiencies.

Test thyroid function.

Address digestion; test (and address) gut microbiome.

Address blood sugar balance over day through diet/food choices.

Address macro and nutrient imbalance through diet/food choices.

Testing

As discussed, please see your doctor* to obtain blood test referrals for the following:

- Iron studies, Vitamin B12, Active B12, Folate and Vitamin D
- Full thyroid panel: TSH, T4, T3, Thyroid antibodies (Thyroid peroxidase, Thyroglobulin) and Reverse T3
- Haematology (Haemoglobin, Red + White cells counts)
- Liver function
- Fasting Insulin, Blood glucose, HbA1c
- Zinc

* If your doctor doesn't feel comfortable ordering all your requested tests then we can arrange these through a lab privately (paying the lab directly). What most do is see their doctor first and the tests their doctor won't request, I then request for them instead. Please upload a copy of your pathology request form to your My Appointments account for me to review. I can then arrange an additional request form for you to take to your blood test.

Key words to mention: *tired all the time, 2 babies close together, don't feel like I've fully recovered, getting sick/run down all the time, very low mood, sluggish bowels, sugar cravings + crashes, post-baby weight gain/concerns, too tired to exercise, not eating well due to fatigue etc. Want to sort my nutrition out (esp as I'm breastfeeding) and make sure my thyroid function is OK, given all these awful symptoms.*

Blood test rules:

- Always ask your doctor for a copy of all results to also be sent to you
- Stop taking any iron, zinc, selenium, biotin or multivitamin supplement at least 3 days prior to test
- Stop intensive exercise (eg. HIIT, high cardio) for 2 days prior to test
- No alcohol at least 24hrs before test
- No food or drinks (besides plain water) for 10-12 hours prior to the test (ie. overnight fast) Every time.
- Do not fast for longer than 12 hours (NB: 10 hours is ideal when testing iron studies)
- Aim for a good night's sleep, if possible
- Do not do test if feeling unwell or getting over a recent illness
- Do not test whilst you're on your period
- Do not test between Day 10-20 of menstrual cycle (if applicable)
- The morning of your test, drink a full glass of water (no tea, coffee, juice etc)
- No chewing gum or smoking the morning of the test
- If on thyroid medication, take this after you've had your blood test
- Hormones: For FSH, LH, Oestrogen - test on Day 3 of cycle. For progesterone - test on Day 21 (if you have a 28 day cycle, otherwise if it's shorter or longer test 7 days before your expected period).
- Always attend the same pathology collection centre so results are run through the same lab for greater accuracy.
- Please upload results to your My Appointments account so I can see them prior to your next appointment

Prescription

No prescription at this stage - waiting on test results.

Dietary changes

Start with some small changes:

Try and add more protein* to your breakfast and lunch: to help settle your hunger, reduce excessive blood sugar spikes which can contribute to fatigue and crashes/cravings in afternoon.

Add in a healthy fat serve with breakfast (eg. avocado, goats fetta in 3-egg omelette, &/or cook in grassfed butter) and also in lunch meal (eg. avocado, nuts, full fat yoghurt in smoothie)

****Look for both animal and vegetable protein sources (google will help here).***

Some quick/easy protein-based meals or snacks can be dinner leftovers, prepped and precooked meatballs, cooked chicken, tofu, baked frittata (eggs), full fat natural yoghurt (if you can tolerate) or a decent protein powder (I can help here) for smoothies.

Also keep your fluids up over the day (water, peppermint tea, or other herbal teas you like?) Breastfeeding is likely using ~750ml fluid daily, so factor in enough for both you and bub.

Lifestyle changes

Will discuss later.

Next time

We'll review your blood test results and make a plan (including prescribed products) based on the findings. This will streamline your initial treatment plan. It's best to start with these foundational areas and build from here.

We'll discuss your digestion/bowels - and perhaps make a plan to investigate this further.

We'll see how you feel having made a few tweaks to your daily food intake/choices. Small steps is still progress!

Once you have all blood test results, please log in to your My Appointments account to upload and book your next appt. Select FIRST FOLLOW-UP CONSULTATION.