

Treatment Plan

For: Natasha Bird

Date: 23/11/23

Current issues/symptoms:

4-5 weeks postpartum, positive for thyroid antibody (aTGI) with raised CRP, sub-optimal thyroid hormones. Experiencing symptoms of fatigue, mood changes, irritability, some shortness of breath; reminiscent of first postpartum thyroiditis experiences.

Identified low Vitamin D; required for thyroid health, immune modulation and breastfeeding.

Identified low zinc, when last tested; required for thyroid health, immune modulation and breastfeeding.

Summary of initial steps:

- Test urinary iodine - thyroid antibodies can be the result of iodine deficiency or excess (or independent of iodine). Review level before potentially supplementing, as it's essential for thyroid hormone production.
- Increase supplemental Vitamin D dose - required for healthy thyroid, mental health/mood/cognition
- Increase supplemental Omega 3 - for breastfeeding demands, postpartum brain and mood, and provide anti-inflammation support for thyroid/autoimmunity
- Replace current probiotic for a mother/baby/breastfeeding specific probiotic
- Replace supplemental selenium and increase dose - for thyroid health and autoimmune modulation
- Introduce supplemental zinc - for thyroid health, autoimmune modulation, low serum level shown in 04/23
- Introduce inositol for thyroid immune modulation

Please log in to Vital.ly to access your script. Remember to 'approve me' as your practitioner, and select The Mamawise Naturopath as your 'current clinic' from your dashboard.

Product	Why I've continued with or prescribed it	Dosage/instructions
Calm X *	A bioavailable magnesium with taurine, glutamine for energy, mood, adrenal and nervous system support.	Add 1 level scoop into water, 1-2 x day with breakfast and lunch (or mid afternoon).
Vitamin D, 1000IU *	To increase your Vitamin D levels, especially whilst breastfeeding. Magnesium & Vit D need each other to work in the body. Vit D needed for thyroid health, mood, energy, healthy immune function.	Take 2 capsules, 2 x day with food. Take at the same time as your CalmX.
IronBiotic *	A bioavailable form of iron with plus co-factors. Needed for energy, red blood cell production and function. Iron also supports thyroid health.	Take 1 capsule 1 x day with a meal. Take away from tea/coffee, by at least 1 hour, and don't take with a heavy calcium meal (e.g yoghurt, milk)
Nordic Naturals Omega 3 *	Source of omega-3 fatty acids (EPA & DHA) for breastfeeding and for their anti-inflammatory effects on postpartum maternal brain and rise in inflammation marker (CRP & thyroid antibodies)	Take 5ml, 3 x day with meals.
Ultra Flora Mother & Baby	Postpartum & breastfeeding specific probiotic for re-inoculation post IV-antibiotics and to support gut and immune health in mum & baby.	Take 1 capsules, 2 x day. Take before food. Keep in fridge.
Selenium Drops	Essential for thyroid hormone production and reducing autoimmune response in body. Provides ~280ug selenium/day	Take 7 drops, into water, 2 x day. Can be added into your CalmX doses.
Myo-inositol	For thyroid autoimmunity and cellular health	Take 2 level scoops into water/juice 2 x day away from meals
Tri-Zinc Supreme	Provides 3 forms of zinc to support thyroid hormone production and immune regulation.	Take 1 x day, before bed Do not take on an empty stomach, or close to IronBiotic

* From previous practitioner or previously self-prescribed

Additional recommendations

- Complete Urinary Iodine test as per Nutripath instructions; and please stop all iodine-rich foods at least 3 days prior to test (eg. Honour Wellness powder, kelp salt etc) When the results are back I'll get in touch to arrange a follow-up consult to discuss
 - Take opportunities to rest/nap when you can, to help 'calm' the body, reduce additional stress on the body and prevent a thyroid flare occurring
 - Remove gluten-containing foods from diet to reduce potential trigger/driver
 - Ensure nutrient-dense and easy to digest meals, rich in protein and collagen (slow cooked meats on bones etc)
 - Ensure adequate fluids, and consider adding in coconut water for electrolytes to support cellular hydration
 - Please submit your Intake Form in the meantime so I have your complete health history etc
 - Query your B12 status too? As no serum B12 (only active B12) in your results (to discuss)
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- **If you feel your current symptoms worsen or change (go towards more of a hyperthyroid picture) I'd recommend getting testing straight away. Let me know and I can arrange to supply additional pathology requests to those of GP, or we can do full thyroid panel privately through my referral to Australian Clinical Labs. Otherwise if you feel stable and/or steady improvement, we'll look to retest your thyroid levels in 6-8 weeks after you've started in your new supplement regime**
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