

Treatment Plan

For: Sarah Muskett

Date: 28/11/23

Current issues/symptoms:

15 mths postpartum, struggling physically and mentally; low weight and low mood, irritability, anger, depression, anxiety, overwhelm. Very low energy (4/10), very low mood (3/10), very high stress (9/10), inconsistent sleep quality 5/10. Irregular cycles, history of post-OCP amenorrhea, diagnosed with "low hormones" and anovulatory cycles with plans for 2nd pregnancy in 1-2 years time. Feeling depleted, worn out with low stress resilience.

Initial steps:

TESTING - Hopefully you can find a recommendation for a better GP this time.

NB: Those listed on the referral from the Fertility Doc are mostly mainstream, basic preconception tests. I would hold onto this and do these at a later date.

1. Based on what we discussed, I strongly suspect there are multiple nutritional deficiencies/insufficiencies contributing to your myriad of current symptoms. These depletions need investigating (testing) and a targeted approach for repletion. This is foundational work that needs to be addressed, and it effects many areas of the body.

These include: iron studies, B12/active B12, vitamin D, folate, serum zinc

The GP may be reluctant to test all. What they don't request, I will instead.

2. I also want to test your full thyroid function, to rule in or rule out any involvement or autoimmunity.

These include: TSH, T4, T3, Reverse T3, Thyroid antibodies.

The GP will likely be reluctant to test anything but TSH and maybe T4 (they work from a very outdated paradigm around thyroid health). What they don't request, I will instead.

***Keywords to mention:**

Tired all the time, have had low iron & B12 in past (and think its affecting energy & mood), still breastfeeding (so have increased demands on me), don't feel I'm eating well to meet these (due to being so exhausted), don't get a lot of sun, have a history of amenorrhea and anovulatory cycles (never had my thyroid properly tested to check if any involvement here).

You're likely to have other basic tests included by the GP like Full Blood Count, Liver/Kidney Function, Lipid Studies (hopefully) etc which are all useful too. Again what is left off, I can request for you.

Once you have the blood test referral - do not have the blood test.

Instead, upload your Pathology referral form to your My Appointments account and I can request those that have been left off.

I'll email this to you, with further instructions and my Blood Test Rules to factor in before arranging your blood test.

Once we have this all these results back we can create a tailored plan of action for you.

Then, we can begin to address additional issues like supporting your nervous system support and slowly implementing greater nourishment via food.
