

## Your Treatment Plan: Review Consultation

**For:** Natasha Bird

**Date:** 19/12/23

### Summary of key issues discussed in consult

1. **IODINE** - Urinary iodine result (44.8) reflective of 'moderate to severe deficiency'. This very low level can be contributing to your thyroid antibodies, plus iodine needs are higher in breastfeeding than they are in pregnancy. I have prescribed an iodine drops supplement.
2. **HYDRATION** - Keep in mind you're making 750-800ml breast milk daily! So aim for 2.5-3L of fluids daily. Add in coconut water (either fresh or powdered) for adequate hydration. Some other options to help:

Mamawise Store Labourade Powder - <https://www.mamawisestore.com.au/products/labourade>

Motherhood Hydration Powder (2 flavours) - <https://franjoskitchen.com/collections/hydration-powder>

Tropeaka Coconut Water Powder: <https://tropeaka.com.au/products/coconut-water-powder>

You could also include some chilled herbal teas for variety throughout the day.

3. **DIGESTION/GUT** - If no change after a few weeks of taking the Ultra Flora Mother & Baby, we'll discuss either trialling some digestive enzymes? Or, look into stool testing for more thorough analysis of your gut microbiome/symptoms.
4. **MYO-INOSITOL** - Perhaps set an alarm for 2 hours after a meal, to take this in a little water. This working on reducing your thyroid antibodies.
5. **ZINC** - Reorder your liquid zinc.
6. **SUPPLEMENT REGIME** - Continue on your Previous Prescription, as per your Treatment Plan 23/11/23.

### Additional Prescription

Please log in to your [Vital.ly](https://vital.ly) account to see this additional prescription.

Product	Why I've prescribed it	Dosage instructions
Liquid Iodine	To increase your very low iodine level, support your thyroid, reduce antibodies, support breastmilk iodine content for baby's brain & central nervous system development.	Take 1 drop, 1 x day in a little water with meals. (Equiv. 98mcg iodine). <b>After 2 weeks</b> , increase to 2 drops, 1 x day (Equiv. 196mcg iodine)

## Next time

Let's check in again **late January 2024**. Please book a [Follow-Up Consultation](#) for this.

In the meantime, keep an eye on any new symptoms, including those that may indicate an autoimmune thyroid flare or shift towards hyperthyroid symptoms. If this is the case, please let me know via email.

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