

Your Treatment Plan: First Follow-up Consultation

For: Pandora Holliday

Date: 20/06/24

Summary of key issues discussed in consult

1. Review of available blood test results:

- **Haemoglobin** (137), **Vitamin B12** (624) - good.
- ***Ferritin** (iron stores) 61 - *this result is unreliable due to elevated inflammatory marker CRP: look to retest and/or start iron supplementation as history of low ferritin throughout March, July, Oct 2023 tests is noted. *Optimal ferritin is 70-80+*
- Suboptimal **Vitamin D** (83) - *optimal is 120-150*
- Suboptimal thyroid function results:
 - **TSH** (4.1) *optimal is 0.5 - 1.5* Tells us the thyroid is being asked to make more hormones.
 - **T4** (12) *optimal is 15-17* The inactive/storage thyroid hormone, needs to convert to T3
 - **T3** (not tested, but I presume this is also low due to others markers) this is the biologically active thyroid hormone that's converted from the inactive thyroid hormone T4.
 - **Anti-TPO** positive (70) *optimal <60* . These are thyroid antibodies made by your immune system aimed at the thyroid tissue and influence thyroid function/hormone production ability

2. Begin nutritional supplementation aimed at:

- **Maternal nutritional repletion**
- **Breastfeeding nutritional support**
- **Thyroid function support**

As discussed, I've created your script in [Vital.ly](#), my online dispensary service. You'll receive an 'invite email' from them so please follow their prompts to create your account. Then log in and you'll see my prescription for you.

Purchase your products directly from [Vital.ly](#) and they'll be posted to you. I've added additional 'repeats' on products so you can purchase again outside of a consultation if need be.

See next page for your products, explanations, directions for use etc.

Product	Why I've prescribed it	Dosage instructions	How long to take it for
Pure Natal <i>3 months supply</i>	An excellent multivitamin & multimineral supplement for breastfeeding	Take 1 capsule, 1 x day with a meal (BF or lunch). <u>Keep in fridge</u>	Until 3 months after weaning.
Bio Heme (Iron) <i>1 month supply</i>	A very well tolerated and absorbed iron supplement.	Take 2 capsules, every <u>2nd day before bed</u> . Separate dose away from tea/coffee, by at least 1 hour and don't take with a heavy calcium meal (e.g yoghurt, milk).	We'll review dose and frequency after next ferritin blood test in 3-4 months.
NanoCelle D3+K2 <i>3-4 mths supply</i>	Highly absorbed vitamin D & K supplement; for thyroid, immune & bone health. Works with magnesium in the body.	Pump 1 spray on the inside of each cheek (total 2 sprays). Hold in mouth for 30 seconds before swallowing. Take on an empty stomach (eg. before breakfast or in between meals).	We'll review dose and frequency after next Vit D blood test in 3-4 months.
DHA + Choline <i>1 month supply</i>	Contains DHA fatty acids plus choline - highly specific for maternal brain health and anti-inflammatory actions, plus providing these essential fats to baby during breastfeeding.	Take 1 capsule, 3 x day with meals. <u>Keep in fridge</u>	Continue throughout breastfeeding.
ThyRestore <i>2 months supply</i>	Specific thyroid nutrients to support thyroid function/ hormone production.	Take 1 capsule , 1 x day with food (separate this dose from Pure Natal dose for optimal absorption)	We'll review after next thyroid blood test in 3-4 months.
Magnesium Glycinate <i>2 months supply</i>	A highly absorbed form of magnesium; helps support the brain & nervous system, relieve anxiety, muscular tension, and supports sleep.	Take 1 capsule, 3 x day with food. If feeling particularly 'tired, but wired', you can have a 4th capsule before bed.	Until advised.

All products are breastfeeding safe

Other notes

- A blog I wrote about Postpartum Thyroiditis - you may find helpful?
- Look to increase your **daily protein intake** over your meals and snacks, and try not to eat carbohydrates without any protein and/or fats alongside them. This helps prevent big blood sugar spikes which ultimately result in big blood sugar dips 1.5-2 hour later (with associated symptoms).
- Quick to grab **protein sources ideas** could include homemade meatballs (or chicken), frittata slices, boiled eggs (on own, with dollop of almond butter or e.g mashed with a little full fat mayo & curry powder), sliced chicken breast pieces, mashed sardines (seasoned) on toast, homemade salmon patties, high protein yogurts with seeds (e.g hemp, chia, pumpkin, sunflower), 1 x scoop collagen powder (I've added this to your script in vital.ly as an option) mixed into warm drinks or yoghurt (11gm protein = equivalent to 2 eggs), mashed sardines (seasoned) on toast. You can also add cottage cheese into egg mix for scrambled eggs to up the protein content.
- Another option: Adding ½ - 1 serve of a quality protein powder into smoothies. These are great quality ones:

<https://www.thealthaustralia.com.au/products/naturally-natural-protein-powder> (unflavoured)

<https://www.thealthaustralia.com.au/collections/protein-powder/products/naturally-vanilla-protein-powder>

Next time

The GPs next pathology request of "TFT and thyroid autoantibodies" will include TSH (*maybe/hopefully* T4, but very unlikely T3) plus thyroid antibodies. I'll send through my pathology request form that you can take in also to hopefully get T3 and Reverse T3 tested this time.

Remember to request a repeat iron studies test (plus CRP alongside it) and stop all supplements at least 3-4 days prior to your blood draw.

Once you've had these repeat blood tests done (and have results to share) and you've been taking your prescribed supplements for 4-5 weeks, let's check in again with a Follow-Up Consultation (30 min).

If you have any questions about your Treatment Plan or your products, please get in touch.