

Treatment Plan

For: Tash Bird

Date: 25/07/24

Summary of key areas requiring attention and identified via testing:

Recent (May & July 2024) blood test results:

Low-normal **Vitamin B12** - 339 *optimal is 600+*

Raised **TSH** - 2.1 *optimal 0.5-1.5* (shows the thyroid is being asked to make more hormones)

Low **T4** - 11 *optimal is 15-17* (the inactive/storage thyroid hormone)

Low **T3** - 4.2 *optimal is 5.5-6* (the biologically active thyroid hormone)

*High **TPO antibodies** (Anti-thyroid peroxidase) - 102 (<60)

*High **Thyroglobulin antibodies** - 110 (<4)

**Reflective of Hashimotos hypothyroidism > affecting thyroid gland's ability to make adequate thyroid hormones as seen in suboptimal T4 & T3 levels, also compounded by low levels of thyroid nutrients.*

Low-normal serum **Magnesium** - 0.73 (0.70 - 1.1)

Ferritin (iron stores) are OK for now at 63. I'd look to retest in another 3-6 months to keep any eye on it so it doesn't drop any lower (as optimal is 70-80 maintained).

Initial focus areas:

1. Support Hashimotos hypothyroid function:

- Replete the nutrients required for the thyroid gland to produce adequate thyroid hormones
- Calm the autoimmune response (that's stressing the thyroid gland and reducing its ability to make adequate thyroid hormones) and remove known drivers (i.e gluten/gluten containing foods)
- Support the hormonal interplay between thyroid-ovaries (and associated cyclical symptoms) with supportive nutrients for thyroid health (upstream) and broad ovarian supportive nutrients (downstream).
Look to review these cyclical symptoms after 3 cycles on consistent treatment protocol and amend treatment strategies as/if required.

Other notes:

- The GelPro Seaweed product: the label says 296**mg** (*milligrams*) of iodine per serve. Safe iodine dosing is usually in mcg/ug (*micrograms*), so if this is correct a serve is giving 296,000 micrograms which doesn't make a lot of sense. I do hope its a (very bad) typo! You may like to check with the company directly to be 100% sure.
- I would suggest bringing a 'magnesium based' supplement back in for hormonal support: **Femme X**
- I've added a Vitamin D3 (with K2) spray to your script. This will help keep your Vitamin D level maintained, support thyroid health, your immune system and works with magnesium in the body.
- I wanted to suggest - at some stage down the track - condensing your 'thyroid nutrients' into one formula ie. **ThyRestore**. Once you've been consistent with repletion of selenium, iodine, zinc etc this is an example of a great alternative to individual supps as its all in one and thyroid specific - we can discuss this later.
- You can continue taking your **Nordic Naturals** supplement and your **Zinc**. I suggest taking your zinc before bed (ie. away from other minerals you're supplementing with).
- Remove gluten/gluten containing grains/foods from your diet as part of Hashimotos protocol.
- Track your menstrual cycles and record any symptoms you experience throughout: any premenstrual physical or emotional symptoms. We'll review these when we next chat.
- I've opened a script for you in vital.ly with enough repeats of the prescribed products (see below) to see you through to 3 months. Please let me know if you have any questions.

Your Prescriptions

Product	Why I've prescribed it	How to take it	How long to take for
Femme X	Magnesium based blend to support stress/mental wellbeing, oestrogen balance, relieve premenstrual symptoms. Also contains some B12.	Mix 2 scoops into water 1 x day during <u>1st half of cycle</u> (day 1 of period to midcycle/ovulation). Then increase to 2 x day throughout <u>2nd half of cycle</u> (midcycle/ovulation to day 1 of period). <i>Can add into drink bottle and sip on throughout the day.</i>	Until next advised
NanoCelle D3 + K2	To replace your Vit D supp once finished. High bioavailability and absorption.	Shake, then pump 2 sprays into inside of cheek. Hold for 30 seconds in mouth then swallow. Take 1 x day, preferably before meals if possible.	Until next advised
Myo-inositol	For thyroid autoimmunity and cellular health.	Mix 2 level scoops into water 2 x day (tasteless). <i>Can add into drink bottle with FemmeX and sip on throughout the day.</i>	Until next advised
Orthoplex Selenium Drops	Essential for thyroid hormone production and reducing autoimmune response in body.	Mix 5 drops into water, 2 x day. <i>Can have in a tablespoon of water or add into drink bottle with FemmeX, Myo-inositol and sip on throughout the day.</i>	Until next advised

Next time

I'd like you to get blood tests done again after you've been taking your products as prescribed consistently for 3 months, in particular:

TSH, T4, T3

Thyroid antibodies: Thyroid peroxidase antibodies (TPOAb) and Thyroglobulin antibodies (TgAb)

Iron Studies, Vitamin B12, CRP

I can write a pathology request for you if needed (although these will be billed as private and not Medicare covered). Otherwise, see a GP to request these be completed. I will send the **Blood Test Guide** to you for tips in prepping for your blood tests. Then send through copies ahead of your next appointment: Follow Up Consultation (30min).