

## Your Treatment Plan: First Follow-up Consultation

**For:** Esther Bardon

**Date:** 08/08/24

### Summary of key issues discussed in consult

#### 1. Review of May 2024 blood test results:

Low-normal **Haemoglobin** - **120** (optimal 130-135)

**Ferritin (iron stores)** - **72** (good)

Low-normal **Vitamin B12** - **338** (optimal is closer to 600)

Low **Active B12** - **88** (optimal is 100)

Low-normal **Folate** - **23.9** (optimal is 35)

Suboptimal **Vitamin D** - **74** (optimal is 125)

Vit D is essential for various systems in the body; hormonal, immune, mental health, bone density long term. Also plays a role in insulin sensitivity and blood sugar balance.

High-normal **Fasting Glucose** - **5.1** (optimal is <5.0)

Can relate to dietary choices, a low-grade chronic stress response and/or reduced insulin sensitivity/response (TBC as fasting insulin wasn't tested?). Can contribute to fatigue and fat gain/fat loss resistance.

Thyroid function:

**TSH (Thyroid Stimulating Hormone)** - **0.95** (good, optimal is 0.5-1.5)

**T4** (the inactive/storage thyroid hormone, needs to convert to T3) - **16.6** (good: optimal is 15-17)

**Slightly suboptimal T3** (the biologically active thyroid hormone that is made from the conversion inactive T4) - **4.9** (optimal is 5-6)

**Thyroid antibodies** - **below range** (good)

High **Reverse T3** - **427** (optimal is 250)

Also made from T4, so can lower the active T3 production level. Contributing factors that increase the conversion of T4 to Reverse T3 include stress/high cortisol, trauma, low calorie diets/ fasting, poor gut health (eg. SIBO/unhealthy microbiome), chronic inflammation, infections, low iron, toxins/ chemicals. When the Reverse T3 levels is high it also blocks/competes for the T3 receptors sites in cells. This then reduces the ability for the active T3 to dock into cells to spark all the metabolic processes thyroid hormone is responsible for. This results in symptoms that resemble an underactive/hypothyroid function.

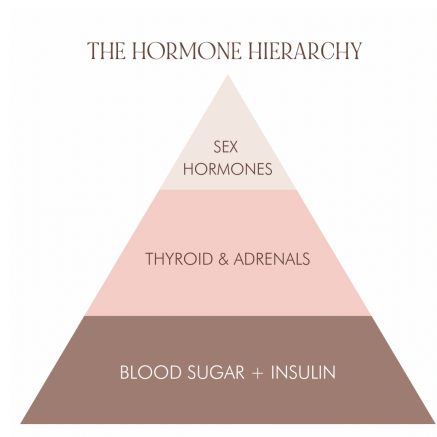
## The Hormone Hierarchy

Our entire hormonal system is like a symphony orchestra. There are groups of hormones with specific roles and actions, just like the different sections of an orchestra. When all are communicating well with each other (listening and responding) everything is usually optimal and balanced (and sounds amazing).

If one area goes 'out of time' or 'out of tune' (underactive, overactive, non-responsive etc) there will be knock-on effects that become noticeable within the orchestra's performance.

Assessing - *and addressing* - any imbalance within the foundation (Tier 1, Blood sugar & Insulin) is critical, because this alone can disrupt the entire system that is built upon it.

In your case, it will be beneficial to support your blood sugar balance by, for example eating 3 balanced (across protein/fats/healthy carbs) meals across the day and avoiding any long fasting periods (max 12 hrs overnight). As this puts extra stress on your already 'stressed system' and the body naturally raises its blood sugar levels when it's stressed. The body can adapt to (and benefit from) long fasting windows when it's balanced and regulated to start with. When it's not, such 'fasting periods' can have the opposite effect.



Tier 2, Thyroid & Adrenals has now been looked into and we've found your **Reverse T3** level is raised, blocking your body's ability to utilise your active T3 levels optimally. This can be contributing to your symptoms. We will begin to work on supporting your nervous system (adrenals) as discussed.

As healthy Sex Hormones (Tier 3) depend greatly on the supporting tiers (Tiers 1 & 2) we will also begin to support healthy ovulation - *and therefore your progesterone production* - especially as 41+yrs. This will work to alleviate your premenstrual symptoms. Healthy levels of progesterone also improve your mood, your stress resilience and reduce anxiety. Progesterone is neuroprotective and increases the production of neurotransmitters that are calming to the brain.

As mentioned, it's important to support **healthy gut function and detoxification via the bowel** when supporting our hormones. This means getting your bowels moving more regularly, i.e 1 or even 2 bowel movements daily is a reasonable target.

## Your Prescription

Below are your prescribed products.

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 dispensed enough 'repeats' to see you through until we catch up again i.e. after you've been taking your products for 4-5 weeks.

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
<b>CalmX</b> <i>Large size: 5-6 weeks supply</i> <i>(I suggest the Tropical over the Raspberry)</i>	Magnesium plus B vitamins To support: a healthy stress response, hormones and mood balance.	<b>Mix 2 scoops in water, 1 <u>x</u> day.</b>  Tip: Can put in your drink bottle and sip over a few hours if you like.	Until advised.
<b>MagCalm</b> <i>Large size: 5-6 weeks supply</i>	Magnesium, glycine and taurine plus herbs to calm and help recalibrate your nervous system at end of day.	<b>Mix 2 scoops in water 1 x day: have with or after dinner</b>	Until advised.
<b>Bio-Fem</b> <i>1 month supply</i>	To support hormone balance (specifically progesterone levels) and relieve premenstrual symptoms.	<b>Take 1 capsule, 2 x day with meals.</b>	Minimum 3 cycles.
<b>Opti Active D &amp; K2</b> <i>2 months supply</i>	Bioavailable Vitamin D + Vitamin K for hormone, immune and bone health. Works with magnesium in the body.	<b>Take 1 capsule daily, with meal.</b>	Until advised.
<b>Sublingual Hydroxy-B12</b> <i>3 months supply</i>	A highly absorbable form of vitamin B12 to increase your levels; supports haemoglobin production and supports stress, cognition & energy.	<b>Dissolve 1 lozenge under your tongue 2 x day, at any time.</b>  <b>After 1 month, reduce to just 1 x day.</b>	Until advised.
<b>Paleo Fibre</b> <i>2 months supply</i>	Blend of soluble & insoluble fibre to support healthy bowel function. Unflavoured and unsweetened.	<b>Mix 1 scoop in water, 1 x day.</b>  Tip: Can add into your smoothie, or into your MagCalm drink at night. It can settle on bottom when mixed with water, so may need to stir before drinking at times.	Until advised.

## Other notes

- Take your iron supplement before bed, every 2nd night until finished.
- Read through my 10 tips for combating constipation (applicable whether pregnant or not):  
<https://www.mamawise.com.au/blog/the-constipation-curse-in-pregnancy-10-tips-to-tackle-it>
- I'd like to see how much impact we can make on your bowel function through some of the tips (in my blog article above) and just using the prescribed **Paleo Fibre**.
- Smoothie option for breakfast on your work days; prep everything in smoothie jug the night before (minus the liquid, add this in morning just before blending). Look to include a balance of **protein, fats, healthy carbs and fibre**. Below are some ideas for these categories, pick and choose which you prefer, or add your own.

**PROTEIN:** Adding ½ - 1 serve of a quality protein powder into smoothies. These are great quality ones:

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

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

**FATS:** ¼ - ½ avocado, 2-3 tbsp full-fat natural/pot-set yogurt, 1 tbsp flaxseed oil (keep in fridge) or MCT/coconut oil, 1 tbsp almond butter or 6 x macadamias/brazils nuts or almonds.

**CARBS:** Low GI fruits eg. blueberries, strawberries

**FIBRE:** 1 tbsp chia seeds, and/or hemp seeds, and/or LSA mix (linseeds/sunflower seeds/almonds) and/or the **Paleo Fibre**.

## Next time

- Before we meet up again, please record a 3-4 'diet diary', on your work days and also non-work days to give me more insight into what and when you're eating/drinking etc.
- Please book a Follow-Up Consultation (30 min) after you've been taking your products for 4-5 weeks so we can review.

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