

Treatment Plan

For: Suzie Short

Date: 18/09/24

Summary of key areas discussed:

Recent blood test results:

- Improved thyroid hormone production and great conversion: T4 - 14.7 > **17.3**, T3 - 5.5 > **6.0**
- High Reverse T3 - **780**:
 - this may be high due to increase in thyroid hormones; more rT3 will be produced as well, this is a homeostatic way to decrease any excess T4 and buffer against hyperthyroidism (thyroid overactivity)
 - this is not always a problem if your T3 levels are within optimal range
 - this may be a lab error?
 - it may be that your D3 enzyme is overactive and this is just your set point?
 - always need to consider rT3 result as part of full thyroid picture - your hormone levels and many symptoms have now improved, and we've optimised your thyroid supportive nutrients
 - it may be part of your 'thyroid puzzle', we'll keep monitoring it
- Iron Studies: high serum and good saturation plus ferritin seems to be stable around 60-70, so don't want to keep pushing for numbers sake; will alter dose to maintenance
- Improved WBC markers

Adjustments to prescribed products:

1. Switch from MagTaurXcell to **CalmX**
2. Switch from Adrenotone to **Rhodiola Complex**
3. Switch from MetaPure to **Omega Brain Plus**
4. Bring in **MagCalm** at night
5. Take **Complete Iron** 1-2 x week only, then every 2nd day whilst on your period.

* Please track your low mood and notable sleep difficulties within your period/cycle app.

Your Prescriptions

Your script in Vital.ly has now been submitted, please log in to view.

Product	Why I've prescribed it	How to take it	How long to take for
Calm X <i>Tropical is preferred by most</i>	Very similar to MagTaurXCell, but also a little different, I want to trial this with you.	Mix 2 scoops in glass of water, 1 x day with <u>lunch</u> .	Until next advised
Rhodiola Complex	Similar to Adrenotone but a different herb combination (also no Panax and Licorice).	Take 1 capsule, 2 x day.	Until next advised
Omega Brain Plus	Similar to MetaPure but higher levels of DHA in omega 3 ratio, plus co-factors and it's highly concentrated per gram as its liquid.	Take 1 teaspoon, 2 x day. KEEP IN FRIDGE.	Until next advised
Mag Calm	Magnesium, glycine and taurine plus relaxant herbs Passionflower & Lemon Balm to support sleep and stress response.	Mix 2 scoops into water, consume 1-2 hours before bed.	Until next advised
Organic Iron Complete	Bioavailable and well absorbed iron.	Take 1 capsule, 1-2 x week, and may increase to every 2nd day whilst on period. Take away from coffee, tea, dairy products by 2hrs.	Until next advised
Zinc Protect	Combines two forms of zinc and vitamins C, E and B6, with manganese, selenium and micro-algae extract. .	Take 1 tablet, 1 x day before bed (do not take on an empty stomach).	Until next advised

Next time

Let's check in again in once you've been taking your revised supplement protocol for 4-6 weeks, with a Follow-Up Consultation (30min).

Look to repeat thyroid markers with rT3 in 3-4 months.

If you have any questions about your Treatment Plan or products between now and your next appointment, please email me.
