

Your Treatment Plan: Follow-up Consultation

For: Tash Bird

Date: 15/11/24

Summary of consult

1. Blood tests review

When compared to Nov 2023, there's been improvement with thyroid markers, yet your Thyroglobulin antibodies are still slowly increasing. Of the two antibodies, this one is more sensitive to iodine intake so we'll look to review your overall iodine intake. Iodine is needed to make T4, but perhaps too much iodine is driving the Thyroglobulin antibodies up.

T4 was 11.0, now 15.2 (optimal 15-17)

T3 is the same at 4.8 (optimal 5.5-6)

TSH has increased to 4.12 (borderline subclinical hypo). As mentioned, TSH is sensitive to many factors (including iodine supp) so we'll adjust your iodine intake and review with next bloods.

Nov 2023 - Thyroid antibodies

TPO (Anti-thyroid peroxidase)	- 28 (<60)
Thyroglobulin antibodies	- 55 (<4.5) HIGH

July 2024 - Thyroid antibodies

TPO (Anti-thyroid peroxidase)	- Not tested
Thyroglobulin antibodies	- 110 (<4.5) HIGH

October 2024 - Thyroid antibodies

TPO (Anti-thyroid peroxidase)	- 42 (<60)
Thyroglobulin antibodies	- 153 (<4.5) HIGH

Vitamin B12 has improved from - 339 (May 2024) to 498 (Oct 2024), *optimal is 600+*

Ferritin (iron stores) has decreased from 80 (Nov 2023) to 56 (Oct 2024) - May be related to heavy periods, and we want to avoid this slipping too low as adequate iron need for thyroid function, energy, mood etc. *Optimal is 70-80 maintained*. You could look to use **IronBiotic** again for 2 weeks of your cycle (see below).

Supplements review

Your **Kelp/iodine supp** - Look to take only 2 x per week only, especially with the iodine intake through your diet.

Vitamin D - Maintenance dose of 1000-2000IU/daily, especially at this time of year if you're outdoors without sunscreen a lot.

Continue on **Myo-inositol** and **Selenium drops**.

Go back onto **Calm X** (see below). I chose this over the Femme X, because the **ProgestaLift** is providing hormonal support, and Femme X contains iodine and selenium which complicates the iodine intake and selenium dosing!

Taking your **Withania** is OK.

Consider bringing **IronBiotic** back (2 of 4 weeks of month) in to support/maintain ferritin levels (see below).

Other notes

Thyroid ultrasound - Look to get a referral from GP as some stage. As rising Anti-Thyroglobulin antibodies can increase risk of thyroid nodules, plus is always good to get as a baseline.

GI-Map - I've emailed details about this comprehensive stool test to you. If and when you'd like to go ahead please email me and I can arrange the practitioner request from my end.

Your Prescription

Please log into vital.ly to see your updated script.

Product	Why I've prescribed it	Dosage instructions	How long to take it for
Calm X	Magnesium, taurine, glutamine, plus B vitamins to support: a healthy stress response, hormones and mood balance.	<p>Mix 2 scoops in water, <u>1 - 2 x day.</u></p> <p>Have with/after lunch.</p> <p>You may esp like to have it 2x day in 1-2 weeks leading up to your period.</p>	Until advised.
ProgestaLift	Herbs and nutrients to support hormone balance. Specifically progesterone levels. Supports/ calms nervous system, relieves stress, supports emotional and mood balance, reduces mood swings associated with premenstrual tension.	<p>Take 1 capsule, 1 x day with meals.</p> <p>When you're 1 week out from your expected period, increase to <u>2 x day.</u></p>	Until advised.
NAC (N-Acetyl-Cysteine)	A precursor to the 'master antioxidant' glutathione. Supports mood via 'sheltering the nervous system' from glutamate (a stimulating neurotransmitter). Also immune modulating (thyroid antibodies), anti-inflammatory, supports liver health and hormonal balance.	<p>Add 1/2 scoop into water/ juice/Calm X, 2 x day.</p> <p>(Total 1gm/day)</p>	Until advised.
Selenium Drops	Essential for thyroid hormone production and reducing autoimmune response in body.	<p>Mix 5 drops into water, 2 x day</p> <p>(Total 240ug)</p>	Until advised.
Myo-inositol	For thyroid autoimmunity and cellular health.	<p>Mix 2 level scoops into water 2 x day (tasteless).</p> <p>Can add into drink bottle with Calm X and sip on throughout the day.</p> <p>(Total 4gm/day)</p>	Until advised.
Iron Biotic From <u>Naternal Vitamins</u>	Bioavailable iron plus cofactors to increase and maintain your ferritin levels, especially as periods are currently on the heavy side.	<p>Take 1 capsule every second day (before bed) over 2 weeks of your cycle ie. 1 week prior to period and the 1 week of your period.</p>	Review after next blood test.

Next time

Let's look to catch up again in January/Feb after you've had your follow up blood tests done with a Follow-Up Consultation (30 min).

If you do the GI Map before this, the consultation needed to discuss the findings and protocol is an Extended Follow-Up Consultation (45min). This consult will be for discussing your GI Map results specifically.

Please send throughout your GPs path request form before arranging your next blood test so I can review what's been requested.

Aim to get **Full Thyroid Panel with Antibodies** (mention last results were flagged as borderline subclinical hypo) and Vitamin **B12, Vitamin D, Iron studies, CRP** requested.

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