

Ms Amy Kos

DOB21 Sep 1965

Appointments

Date	Time	Type	Practitioner
8 Feb 2024	11:30AM – 12:30PM	Repeat Visit Naturopathic TELEHEALTH Appointment (30 mins)	Nicole Chester
16 Nov 2023	1:00PM – 2:15PM	Second Visit or Long Repeat Naturopathic (45 mins)	Nicole Chester
11 Oct 2023	1:00PM – 2:30PM	Initial Naturopathic (75 mins)	Nicole Chester

Treatment Notes

Herbal/Supplement repeat	
<p>Practitioner: Nicole Chester</p> <p>Created: 28 Apr 2024, 3:42PM</p> <p>Last updated: 28 Apr 2024, 4:34PM</p>	
Herbal/Supplement	<p>Herbal 500mls</p> <p>Siberian Ginseng 100</p> <p>Echinacea 100</p> <p>Licorice 80</p> <p>St John Wort 90</p> <p>Pomegranate 90</p> <p>Maritime Pine 40</p> <p>7.5 mls bd or 10mls od. (go back to 7.5mls bd with viral drive with viral drive)</p> <p>\$129</p> <p>still have hemidesmus complex</p> <p>to give all other supps a break for a while</p>

Follow Up Consultation	
<p>Practitioner: Nicole Chester</p> <p>Appointment: 8 Feb 2024, 11:30AM</p> <p>Created: 8 Feb 2024, 11:31AM</p> <p>Last updated: 15 Feb 2024, 4:06PM</p>	
NDRV	
PROGRESS	<p>been for blood work. Everything feels really good, hence I was surprised when the Dr said I need to up my Oroxine</p>

Exercising, go to the gym daily, eating healthy, nothing out of a packet

Have all the energy I need and have been looking after my son
who had an ear op - grandson

energy is pretty stable - late in arvo, want to rest sometimes.

get a few days where my voice changes and I know my thyroid is playing up.

still taking Oroxine 75mcg but no T3 now

started on black seed oil for the skin on my leg/ankle, and it has almost completely
healed. Using external as well. the sunburn happened 6-12 months ago

no gluten really, just have 40 fermented sourdough. dot even feel like ive eaten bread.

Pathology

fasted, and rested, but possibly a little dehydrated as only had 1/2 glass of water while
fasting ...
TSH has risen from 4.4 to 9.2
free T4 13 (from 15 in Aug23)
T3 was not done this time.
TGAbII 134 (<4.6)
Thy.Peroxidase Ab 490 (<60)
Iron 9
ferritin 95
B12 300, active 146
Urea, creatinine seems on the higher side.--> dehydration? monitor

finished all supps and herbs prior to these bloods.

Medication - Supplements

Oroxine 75mcg mane

Current Diet - Fluid Intake

good clean eating, eating sourdough occasionally

Sleep - Vitality

sleep - good

Exercise - Relax

walking

Signs - Markers

FINDINGS - ASSESSMENT

Although Amy is feeling good, thyroid AB and TSH have risen. A need for further anti-viral
support and immune modulation.
iron on the low side, increase in diet

Pathology Requested	BLOODS (8-10 weeks) Ensure compliance of the above treatment plan, prior, also make sure you are fasted, rested and hydrated. Full bloods to include liver enzymes*, Thyroid (TSH*, T3*, T4*, thyroid AB*) iron studies, electrolytes and kidney markers
Rx - PROTOCOL	<div>Mag taur Xcell - 1/2 scoop</div> <div>Myo-inositol - 1 scoop bd</div> <div>Herbal 500mls</div> <div>Withania 70</div> <div>Bacopa 90</div> <div>Astragalus 100</div> <div>Echinacea 90</div> <div>Licorice 60</div> <div>St John Wort 80</div> <div>Maritime Pine 10</div> <div>7.5 mls bd tds (increase to tds with viral drive)</div> <div>\$124</div> <div>Hemidesmus complex - 2 bd - used with thyroid inflammation/viral activation</div>
DIET - LIFESTYLE PLAN	<div>No Gluten</div> <div>watch the intake of goitrogenic foods</div> <div>monitor for foods that can trigger viral activation (lapses with shaking voice)</div> <div>include Brazil nuts and dulse/kelp in the diet</div> <div>increase iron-rich foods</div>
Record - Complete	<div><div><input type="checkbox"/> Blood Glucose</div><div><input type="checkbox"/> PH</div><div><input type="checkbox"/> Symptothermal Charting</div><div><input type="checkbox"/> Diet & Symptoms</div><div><input type="checkbox"/> Basal Body Temperature</div><div><input type="checkbox"/> Blood Pressure</div><div><input type="checkbox"/> HAQ</div><div><input type="checkbox"/> Mood Appraisal</div></div>
Review - Next Visit	<div>repeat all supps</div> <div>next appt: 8-10 weeks post blood work results</div>

Follow Up Consultation	
<div>Practitioner: Nicole Chester</div> <div>Created: 16 Nov 2023, 12:54PM</div> <div>Last updated: 16 Nov 2023, 3:41PM</div>	
NDRV	
PROGRESS	<div>been really well</div> <div>got a cramp this morning. the first one ive had since starting magnesium, ran out a week ago</div> <div>finished herbs, got it down ok, just took straight</div>

energy in arvo gotten better.

GUT ok, thai chi in mornings

hair is better, ,

i know when my thyroid is struggling as my voice will change, starts breaking, feel tired, cant be bothered, little bit brain fog at times

diet is same.

picolo with full cream milk was making bloated. so stopped this while ago. not sure if any other foods causing upset with thyroid?

skin on ankle gets hot and blisters in the sun. also gets hot if wear long pants, its like traumatised by initial bad sun burn and heat trying to escape?? R ankle looks like holding little more fluid? it physically looks like start of cellulitis but dent really worsen? did mention getting checked out with GP? to rule out cellulitis? But Amy doesn't seem phased.

Pathology	none yet, as 3 days left on T3 medication, and then need to wait 3 weeks to do bloods
Medication - Supplements	Oroxine, T3
Current Diet - Fluid Intake	same have reduced longer fasts
Sleep - Vitality	sleep is good energy been alot better particularly in arvo
Exercise - Relax	walking
Signs - Markers	look well, in good happy place
FINDINGS - ASSESSMENT	magnesium still seems to need topping up feel possible drive of food triggers/viral reactivation? need to monitor to assess what drives the thyroid to flare with strained voice. Stress? food proteins? real test will be one come off T3 medication, to see if we can keep thyroid stable maintain thyroid nutrients through food ie brazil nuts, Dulse

	Improve liver phase II clearance/oestrogen ratios
	suggested oils like fish oil/flax/Udo's ' oil
Pathology Requested	
Rx - PROTOCOL	<div>Mag taur Xcell - 1 scoop</div> <div>Myo-inositol - 1 scoop bd</div> <div>Herbal 520mls</div> <div>withania 80</div> <div>Bacopa 100</div> <div>Bupleurum 90</div> <div>Rehmannia 70</div> <div>Coleus 90</div> <div>Rosemary 80</div> <div>9mls bd</div> <div>\$124</div>
DIET - LIFESTYLE PLAN	<div>watch intake of goitrogenic and foods that can trigger viral activation (monitor lapses with shake voice)</div> <div>try flower senesce cards picked plus Mulla Mulla internally and externally</div>
Record - Complete	<div><input type="checkbox"/> Diet & Symptoms</div> <div><input type="checkbox"/> Basal Body Temperature</div> <div><input type="checkbox"/> Blood Presuure</div> <div><input type="checkbox"/> Blood Glucose</div> <div><input type="checkbox"/> PH</div> <div><input type="checkbox"/> Symptothermal Charting</div> <div><input type="checkbox"/> HAQ</div> <div><input type="checkbox"/> Mood Appraisal</div>
Review - Next Visit	<div>look at blood work in 3-4 weeks, then reschedule appt to set in place thyroid management plan</div> <div>mentioned looking at external treatment for skin discolouration - nutrients for skin integrity, got kola externally.</div> <div>look at mushroom forte, anti- virals/hemidesmus , st johns? (check with Oroxine)</div>

Initial Consultation	
<div>Practitioner: Nicole Chester</div> <div>Appointment: 11 Oct 2023, 1:00PM</div> <div>Created: 11 Oct 2023, 12:43PM</div> <div>Last updated: 12 Oct 2023, 4:29PM</div>	
NDFV	
Age	58
Status	separated

Emergency contact	Dean (Son) - 0452 090 104
Children	2 boys, daughter , grand child - 5 yrs
Occupation Past - present	<p>not working</p> <p>in the past have worked at Telstra, Qantas, PA for husbands mortgage broking business. still on the books there.</p>
Pregnant - Breast-feeding	NA
Height - Weight	
PRESENT COMPLAINT	<p>thyroiditis, Hashimoto's, diagnosed in 2020</p> <p>want to improve thyroid to avoid further medical intervention with Oroxine etc</p> <p>Dr kept wanting to increase dose and then add T3. started it, but now whining off</p> <p>Dr Barbara O'Neill recommends a castor oil patch on the thyroid to reverse thyroid issues</p> <p>hair loss started once realised had a thyroid issue, saw homeopath - was stressed out, she treated me and hair stopped falling out.</p> <p>haven't been finding a balance. noticed bloating after normal bread. always get bloated, and weight fluctuates between 60- 62.</p> <p>weight gain in last two months, feel a bit overweight on the waist</p> <p>fermented charcoal bread is okay for me.</p> <p>energy level has been better since the herbal</p> <p>had 2 young boys, was gym Junky, was stressed a lot before</p> <p>bowel like clockwork</p> <p>vagina dry side - not sexually active for 3.5 yrs now</p> <p>not always intentionally fasting but will do 18hr before i eat</p> <p>cramps -- when asleep, wake, and have to stand up to press feet out.</p>
Other care - GP - Specialist	no one specific. Have a new GP, as the last one wouldn't give me my bloods

Pathology	<p>raised thyroid AB, TSH.</p> <p>March 2019 - Aug 2023</p> <p>TSH 1.5 - 9.7</p> <p>ThyPyr 193 <6</p> <p>ThyGlob 393 <6</p> <p>random urine iodine</p> <p>creatinine 11.6</p> <p>Urine iodine 343 (>100)</p> <p>iodine correction 183 (>100)</p>
Past Complaints	
Medical Hx	<p>2015 - breast cancer, oestrogen dependent. tumour was 3cm, had breast reduction to even out breast size.</p> <p>started on tamoxifen and within a few days felt very unwell on it</p> <p>3 Caesarians</p>
Family Hx	<p>no family hx of breast cancer</p>
Current symptoms - HAQ	<p>food sits, loss of appetite, excessive gas, clay-coloured stools, malaise, unexplained, itchy, skin, easy bruising/bleeding gums, dry skin/hair, fatigue, cold intolerance, hot intolerance, puffy face and feet unintentional weight gain/loss, low mood and libido, nervousness, irritability, visual disturbance/ staring gaze, feel stressed oversensitive overwhelmed, difficult concentration, feel fatigued after a stressful day, dry skin/hair/vagina, hot flushes, night sweats painful intercourse, increased facial hair excessive frequent urination increase thirst and appetite, blurred vision, frequent infections, excessive loss of hair sensitivity to light, general itching - ears/nose/throat/skin, lower back, pain, frequent urination through night urgency of urination, restless legs at night, ringing in the ears, dizziness, faint, or falls for unknown reason bone tenderness, lower back or hip, pain, muscle cramps, spasms, muscle twitch, difficulty, chewing, or opening mouth, lightheadedness, fainting, psoriasis, skin rashes</p>
Medication	<p>Oroxine 75mcg od - - want you to increase,</p> <p>tried to put on T3 but whining off now with one every 2 nd day</p>
Supplements	<p>IP5 (Dr makes himself) - vit A, D, C, E, zinc. Se - 1od</p> <p>D3 and K2 1 od</p> <p>just finished herbal from Flannery's</p> <p>Bupleurum 60</p> <p>Mushroom Forte 70</p> <p>Echinacea 40</p>

	<p>Rehmannia 40</p> <p>7.5mls bd</p> <p>feel helped with energy</p> <p>take turmeric powder with pepper, cinnamon</p>
Current Diet - Fluid Intake	<p>BF - water with acetic salt, cajan water, can be as high as 9.5 alkalinity.</p> <p>Gym - workout, have piccolo.</p> <p>1 pm - wash vege with alkaline water, mushrooms, asparagus, broccoli, and zucchini with + eggs or chicken, if fresh, will eat fish</p> <p>afternoon - nuts with green tea or date with almond butter</p> <p>dinner- if before 6 pm -- if past 6, I'll skip it. chicken vege</p> <p>eat 18-hour fermented bread sometimes</p>
Toxic Burden - Alcohol - Drug Use	<p>alcohol - only if celebration. use to drink red wine, but not anymore</p>
Stress - Trauma	<p>a lot of stress around time of cancer and chemo.</p> <p>nothing stressing me now.</p>
Sleep - Vitality	<p>sleep is very good, by 9.30 am, straight asleep -- 6 am wake, no alarm needed</p>
Exercise - Relax	<p>yoga, pilates, mediation</p> <p>weights</p> <p>looking for ward to starting some hiking</p>
Signs - Markers	<p>lost hair from chemo, told to use an ice cap, lost hair anyway,</p> <p>had chemo for 2 years.</p>
Allergies	
FINDINGS - ASSESSMENT	<p>Main focus - to modulate the immune,</p> <p>Don't feel thyroid issue is from low-key co-factors for thyroid hormones. Iodine levels seem ok, although don't feel like eating enough. fasting for long periods possibly leading to more nutrient deficiencies. magnesium low</p> <p>Stress or chemo may have initiated AI. no other indicators. It maybe worth looking at retro viral drivers.</p> <p>feel also need to look at hormones and ratios to ensure oestrogens are balanced.</p> <p>educate on other options to protect if not want to take mainstream like Tamoxifen.</p> <p>check fasting blood glucose to run our signs of insulin resistance</p>

Pathology Requested	full fasting blood again in around 3 months. in the meantime use the pathology request slip the doctor has given for thyroid markers around 4- 6 weeks (post-finishing T3 and continuing herbal support) to establish markers are coming back into balance
Rx - PROTOCOL	<div>Mag taur Xcell - 1 scoop</div> <div>Myo-inositol - 1 scoop bd</div> <div>Reishi 100</div> <div>withania 70</div> <div>Bacopa 80</div> <div>Bupleurum 80</div> <div>Rehmannia 70</div> <div>Coleus 90</div> <div>Maritime Pine 10</div> <div>9mls bd</div> <div>\$121</div>
DIET - LIFESTYLE PLAN	limit fasting to 14 hours only, with occasional block of 18hrs to boost.
Record - Complete	<div><input type="checkbox"/> Diet & Symptoms</div> <div><input type="checkbox"/> Basal Body Temperature</div> <div><input type="checkbox"/> Blood Presuure</div> <div><input type="checkbox"/> Blood Glucose</div> <div><input type="checkbox"/> PH</div> <div><input type="checkbox"/> Symptothermal Charting</div> <div><input type="checkbox"/> HAQ</div> <div><input type="checkbox"/> Mood Appraisal</div>
Review - Next Visit	<div>psoriasis - didn't delve into this as mentioned on HAQ?</div> <div>adapt herbal to include hormone support - phase II liver clearance</div> <div>look at fasting BG, and insulin resistance contributing to middle weight gain.</div> <div>look at goitrogen intake</div> <div>test oestrogen ratios</div> <div>fish oils??</div>

Patient Forms

There are no patient forms for Ms Amy Kos.