

## TREATMENT PLAN

**For:** Alana Dascanio

**Date:** 02/04/25

### Summary of consult:

- Discussed thyroid blood test results (15/3/25):  
Improvements in T4 (was 16.9, now 17.7) and T3 (was 4.8, now 5.0)  
Improvements in Reverse T3 (was 409, now 348)  
Slight increase in TPO Antibodies (was 1279, now >1300) - **to action**  
All other thyroid antibodies are below range
- Stop **SFM XCell** for now. The iodine (although not a huge dose at 200mcg/day) may have triggered a rise in antibodies. We'll move to a different approach ie. focus on replenishing your **selenium** levels which helps 'protects' the thyroid from the effects of iodine. **Inositol** also lowers thyroid antibodies and stabilises TSH so hopefully these 2 together (along with everything else) will have the impact we're after. Keep what you have as we're likely to use this in the future as an all-in-one 'thyroid maintenance' supp.
- Continue with your **MagDuo Adapt, NeuroEnhance, RejuvaCalm Forte, Clinical Lipids, Hemidesmus Complex**.
- Move onto Stage 2 of your Gut Protocol - "Weed & Seed". See separate prescription tables for this
- Note, only vital.ly stock **Hemidesmus Complex**, so please order there.
- **Aloe Vera Juice** at 50ml (1-2 x day) over 3 mths has been shown to have a positive effect on lowering thyroid antibodies, and also great for gut health. I've added it onto your Rener script if you'd like to try it out.
- **Next bloods:** include Vitamin D, Vitamin B12, Folate, FBC, Iron Studies, Full thyroid panel
- Continue with gluten-free and prebiotic foods (from last Treatment Plan)
- Aim to check in again after 6 weeks of Stage 2 Gut Protocol.

PRESCRIPTIONS - for nervous system, mood, thyroid function and antibody reduction

Product	Why I've prescribed it	Dosage instructions	How long to take it
<b>SELENIUM DROPS*</b>	To decrease thyroid antibodies, support thyroid hormone production, conversion and modulate TSH levels.	Take 6 drops into water/liquid, 2 x day  Total 272ug daily	Until advised
<b>MYO-INOSITOL*</b>	Reduces thyroid antibodies and TSH levels.	Mix 2 level scoops into water/liquid 2 x day.  Total 4gm daily	Until advised.
<b>CLINICAL LIPIDS</b>	EPA/DHA combination to support healthy gut bacteria populations and support gut wall healing.	Take 1 capsule, 2 x day with meals <i>*Keep in fridge*</i>	Until advised
<b>HEMIDESMUS COMPLEX</b>	Herbal complex with immune modulating and anti-inflamm herbs to target body's autoimmune response.	Take <u>2 tabs</u> , 1 x day with or after food	Until advised
<b>Mag Duo Adapt</b>	Specific nutrients plus the adaptogenic herb (Holy Basil) to support a healthy stress response and energy. Also contains Vit B12 and folinic acid - shown as low in your blood tests.	Take 1 level scoop in water 1 x day, <u>AT LUNCH</u>	Until advised.
<b>NeuroEnhance</b>	Herbal combo of adaptogens with neurotransmitter cofactor nutrients to help the body adapt to stress, support mental wellbeing and healthy emotional/mood balance.	Take 1 capsule, 1 x day, <u>AT LUNCH</u>	Until advised.
<b>RejuvaCalm Forte</b>	Blend of herbs with nervine and calming properties to support anxiety, stress and support sleep.	Take 1-2 tablets, 1 hour before bed to support sleep	Until advised.

\* You can mix the **Selenium** and **Myo-inositol** in with **MagDuo Adapt**, then again with your **GI-Revive**.