

Your Treatment Plan: First Follow-up Consultation

For: Josephine Zagari

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Summary of key issues discussed in consult

1. Blood test review (April 2025)

- **Thyroid function:**

T4 - 15.6 (optimal 15 - 17)

Tells us the thyroid's ability to make hormones. The inactive thyroid hormone made by thyroid gland, must still be converted into T3 (the active hormone, see below) by the body. Making T4 is a highly energy and nutrient-dependent process (eg. *iodine, iron, tyrosine, selenium, zinc, Vit A, D, C*). Its also inhibited by stress, infections, fluoride/chloride/ bromides, toxins (heavy metals like lead, mercury), thyroid auto-antibodies, gluten intolerance/Coeliac disease.

T3 - 4.1 (optimal 5.5 - 6) the active thyroid hormones that docks into the body's cells, setting the pace of our metabolism. Metabolism is the spark of life; the creation, distribution, storage and utilisation of energy. This equates to our daily energy levels, muscular strength, cognition/memory, hair/skin growth and health, digestion/bowel processes, healthy periods etc. The majority of our T3 comes conversion of T4 to T3 which happens in the gut and liver mostly - so a good gut microbiome, liver health & detox pathways support this conversion). Optimal T4 to T3 conversion needs *selenium, zinc, Vitamin D, Vitamin B12 and healthy carbohydrates in diet*.

Reverse T3 - 375 (optimal is 200-250)

This is an inactive hormone also made from T4, so as a result will reduce level 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 (in your case, RA), infections, low iron, toxins/chemicals. When Reverse T3 levels are 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 that thyroid hormone is responsible for. The result if underactive / suboptimal thyroid symptoms.

Low GGT (7) is often a flag for sluggish thyroid function.

- **Haemoglobin - 118 (optimal 130-135)**

This is part of our red blood cells, like a backpack that the oxygen fits into so it can be carried around the bloodstream and delivered to every organ, tissue and cell. 65% of our iron lives in our red blood cells. With a high ferritin (400+) after iron infusion, this level theoretically should be higher. So look to co-factors (nutrients) involved in making haemoglobin properly (eg. vitamin 12, copper, vitamin A). Symptoms are those like iron deficiency: low energy/stamina, easy bruising, heavy periods (ironically), headaches, poor concentration, low exercise endurance, lightheadedness/dizzy when standing quickly, emotional fragility, anxiety/depression (due to its roles in neurotransmitter production) and changes to thyroid function.

- **Vitamin D* - 74 (optimal is 120-150)**

Essential for various systems in the body; thyroid/hormonal, immune, mental health, bone density long term. Also plays a role in insulin sensitivity and blood glucose uptake.

- **Vitamin B12* - 258 (optimal 600+)**

Essential for energy production, making red blood cells, nerve function and DNA synthesis. It supports mental clarity, mood balance, and the healthy functioning of the nervous system. Low levels can lead to fatigue, brain fog, low mood or irritability, tingling or numbness in the hands and feet, poor memory, and anaemia. Since B12 is primarily found in animal-based foods, deficiencies that are not due to vegetarianism/veganism are often gut absorption issues (such as low stomach acid or gut inflammation).

- **Zinc* - 11.7 (optimal 15-17)**

Zinc is essential for a multitude of actions in the body, including thyroid, skin, hormones, immune and mental health. Could be related to poor absorption from the gut.

- **Folate - 27 (optimal 35-40)**

Not terribly low, but suboptimal. Folate (also known as vitamin B9) plays a vital role in cell growth, making red blood cells and DNA synthesis. Supports detoxification pathways, hormone metabolism, and mood regulation. Low levels of folate may lead to symptoms such as fatigue, poor concentration, irritability, headaches and anaemia. Deficiency can occur with inadequate dietary intake, certain medications, or issues with folate metabolism, such as MTHFR gene variations.

* Commonly found low with RA

First steps

To start with I want to focus on **nutrient repletion**, **nervous system support**, **thyroid** and **hormonal**

I've created your script at Rener Health. They will email you.

See next page for your products, explanations, directions for use etc.

This video (a little old now) but is a great summary of the gut's role (and diet) in RA. We can revisit gut testing when you're ready.

Prescriptions

Product	Why I've prescribed it	Dosage instructions	How long to take it for
P-Balance	Herbs and nutrients to support hormone balance (specifically <i>progesterone</i> levels), lighten heavy periods, support mild anxiety and premenstrual symptoms.	Take 1 with <u>breakfast</u>	Minimum of 3 months. Until advised.
ThyRestore	Herbs and nutrients to support thyroid health; hormone production and conversion. Also contains zinc.	Take 2 with <u>breakfast</u>	Review after next blood test (3-4 months)
MagTaur Xcell	Magnesium, taurine plus B vitamins to support: a healthy stress response, hormones and mood balance.	1 scoop in water with <u>lunch</u>	Until advised.
Opti Active D & K2	Bioavailable Vitamin D with Vitamin K to replete levels. Also works with magnesium in the body.	Take 1 after <u>dinner</u> .	Review after next blood test (3-4 months)
Opti B12	A highly absorbable form of vitamin B12 to support brain energy, mood, emotional balance, cognition & energy.	Dissolve 1 in mouth, <u>anytime of day</u>	Review after next blood test (3-4 months)

Please keep all products away from children

Next time

We'll look to check in 3 months time after doing your follow up blood tests. Please email me when you're planning to get your blood tests requested again.

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