

Dear Taylor/General Practitioner,

I have begun consulting with Taylor regarding her, worsening skin eczema, long term anxiety, thyroid function and her general overall health and wellbeing.

In order for me to support Taylor in my highest capacity and understand any underlying issues that may be contributing, I am requesting her to have a thorough pathology test. Please find a list below of key hormones, vitamins, minerals including a full blood count.

- **Full Blood Count (FBC)**
- **Thyroid Panel:**
 - Thyroid-Stimulating Hormone (TSH)
 - Free Triiodothyronine (Free T3)
 - Free Thyroxine (Free T4)
 - Thyroid Antibodies (Peroxidase Ab, Tg Ab, Anti-Tg, Anti-TPO)
- **Key Vitamins and Minerals:**
 - Iron (and Ferritin)
 - Vitamin D
 - Vitamin B6, B12
 - Folate (Folic Acid)
 - Zinc
 - Iodine
 - Magnesium
 - Selenium
- **Reproductive Hormones:**
 - Follicle-Stimulating Hormone (FSH)
 - Luteinizing Hormone (LH)
 - Oestradiol (E2)
 - Progesterone
 - Prolactin
 - Testosterone (Total and Free)
 - DHEA-S (Dehydroepiandrosterone Sulfate)
 - Androstenedione
- **Current Medications:**
 - Thyroxine 100mg
 - Lexapro 20mg

Your support and help in this matter would be greatly appreciated.

Kind Regards,

Nikkola Berrington

Naturopath & Herbalist

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