

Hi Jess,

Thank you so much for your appointment today. I am excited to work with you to help you in this preconception stage as well as while you're currently breastfeeding.

I have written some treatment aims for you:

1. Increase your digestion of fats to ensure that there are enough fats available for hormone synthesis by supporting bile production.
2. Support your liver in detoxifying in Phase 1 and Phase 2 to ensure balance.
3. Support your thyroid.

How we will implement these treatment aims:

1. Stop taking Zinc and iodine supplement. I am concerned about supplementation of iodine with your current TSH levels.

In the meantime, you can ensure you are getting enough selenium by eating 6 Brazil nuts every day. Treat these Brazil nuts as 'food as medicine'. The selenium in the Brazil nuts will be very supportive of your thyroid and will replace what you were getting in the zinc/iodine supplement.

2. Please make it a matter of priority to follow up with your GP the results of your thyroid testing. Explain that you have been taking iodine and that you are working with me. Explain that I am concerned about thyroid antibodies being present and would like them tested before 6 weeks. If she doesn't want to do this – don't worry, we can assume there are antibodies and treat accordingly.

If she can: request a full lipid profile, fasting glucose, HbA1c, fasting insulin & CRP.

3. Remove gluten from your diet for at least 6 weeks while we get the results of the antibodies.

Gluten contains a protein called gliadin, which closely resembles the structure of your thyroid tissue. In some people, the immune system may create antibodies against gliadin and these can mistakenly attack the thyroid, due to that structural similarity.



4. Prioritise bitter foods and drinks (teas). In each of your meals, try to include some bitter foods. Please see attached hand out for **bitter foods**.

5. Reduce red meat consumption.

Red meat is important, but too much can be inflammatory. I would like you to increase the amount of white meat that you have.

Frequent intake of red meat, especially processed types, is linked to increased liver inflammation and greater oxidative stress.

Aim to have at least 2 nights of chicken a week.

If possible, can you eat fish 2 x a week?

Fish is high in omega 3 fats and helps to lower inflammation in the liver. Fish is also very supportive when you're breastfeeding and is very anti-inflammatory.

I don't know if you like sardines? But sardines are an incredible source of food for lunches. They are very high in omega 3's. They are very anti-inflammatory, will help with blood sugar balance.

If you don't like sardines, canned salmon and tuna are also a great option to switch up from red meat.

I don't know if you like oysters? But oysters once a week would also be amazing if you can source them.

6. Prioritise vegetables that are going to help support bile flow and support liver.

Have 1 serve of beetroot once a day.

Have at least two serves of COOKED cruciferous vegetables (broccoli, Brussel sprouts, cabbage) once per day.

Kind regards,

Ophelia Kotrba

Nutrition with Ophelia

