



## Treatment Plan / Prescription

SAMPLE

### Treatment Summary:

There are a number of issues that need to be addressed to get you back to feeling your best:

- Underactive Thyroid
- Hormonal imbalances
- Nutrient deficiencies – Magnesium, B complex
- Deficiency of bile – inability to process fats

I will set out below what has led me to these conclusions, and also my treatment plan for you, comprising:

- Dietary advice
- Lifestyle advice
- 2 week sample gluten & dairy free meal plan
- Recommended supplementation program

### Underactive Thyroid

- As you have been diagnosed with an underactive thyroid, I recommend removing gluten and dairy from your diet.
- Dairy – the proteins in dairy are inflammatory, and specifically cause inflammation in the thyroid gland.
- Gluten – is also inflammatory and is implicated in many inflammatory and autoimmune conditions. It attacks the gut lining which can allow large proteins to cross (causing more damage throughout the body)

### Hormonal Imbalances

- Imbalance is indicated by PMS, mood changes (irritability, emotional), cramping and painful periods. This is characteristic of low progesterone.
- Hormonal imbalances can also worsen symptoms of anxiety and depression.
- Hormonal imbalance can also be a result of HPA Axis dysregulation ('adrenal fatigue') – as the adrenals produce both the stress hormones and the sex hormones. They will always favour making the stress hormones over sex hormones when required (this is for survival) – which can lead to decreased libido, forgetfulness, fogginess, mood swings, heavy periods



### Nutrient deficiencies

#### Magnesium

- Magnesium helps us to both create energy and wind down. It's an anxiolytic (ie. It calms) as it relaxes both the smooth & skeletal muscle. Raw Cacao is a great source of magnesium.
- Deficiency signs & symptoms: Anxiety, chocolate cravings, PMS & Painful menstruation, muscle weakness, pain & stiffness.

#### B Complex

- The B complex vitamins are required for our cells to create energy, for nerve conduction, & for neurotransmitter creation.
- Deficiency signs and symptoms: Fatigue, depression, numbness / tingling / pins and needles, dry skin, memory loss.

### Deficiency of bile – inability to process fats

Issues creating and releasing bile can cause gallstones and also lead to an inability to process fats effectively – meaning they are excreted from the body without being digested and absorbed properly. This can cause tummy upsets after eating fatty meals.

### DIETARY ADVICE (implemented in 7 day meal plan)

- Remove gluten and dairy in the diet – these are both inflammatory and feed the unhelpful bacteria in the gut.
- Increase magnesium, B complex intake - see Nutrient Food List provided
- Eat 30gm of protein within 30 minutes of waking
- Keep blood sugar levels stable, by eating regular snacks and meals, that contain a mix of fats, protein & carbohydrate in every snack / meal.
- Keep blood sugar & energy levels stable by eating every 3 hours – include snacks as recommended in the attached meal plan.



**LIFESTYLE ADVICE**

- Incorporate some low-intensity exercise 3 x per week, but for no more than 30 minutes. You want to get your body moving again, but the focus is on restorative movement that does not cause any stress.
- Get some morning sunlight on your face if you can – this will help to re-set your sleep / wake cycle.
- Follow a sleep hygiene routine to encourage restful sleep, and reset body clock. This includes helping your body to wind down for sleep – switching off screens at least 1 hour before bed. Enjoy a warm bath or shower to help prep your body for sleep. Meditate each night before bed to calm the nervous system (5 minutes is enough!), and diffuse some sleep promoting essential oils, and always stick to a regular sleep time. Sleepy-time tea can help too (I swear by it!).
- Include some liquorice tea in your day. It's warm comforting and adaptogenic (meaning it helps your body deal with stress).

**SUPPLEMENTS**

Brand:	Product name:	Dose:	Dosage:	Instructions:
Practitioner only brand	Thyroid support product	-	1 tablet	Take 1 tablet, twice daily. Ideally take this 1 hour before your lunch and dinner.
Practitioner only brand	Magnesium	99mg	1 tablet	3 tablets with water before bed.
Practitioner only brand	Activated B complex	-	1 tablet	1 tablet each morning with food
Practitioner only brand	Lecithin	1000mg	1 tablet	Take 2 tablets daily with main meals (lunch & dinner)

**ESSENTIAL OILS**

Essential Oils:

- I highly recommend using the Clary Calm roller applied across the abdomen and on soles of feet for 3 days prior to period and first 3 days of period, which can help reduce painful menstruation and PMS. I would expect to see a change in PMS and painful cramping by month 2 of use.