

**Date:** March 12, 2025

**Assessment:**

Diagnosis confirmed as Graves' disease based on lab findings.

**Plan (Functional Medicine approach):**

- Initiate anti-inflammatory dietary protocol (gluten-free, dairy-free).
- Supplements: Selenium (200 mcg daily), Vitamin D (5000 IU daily), Omega-3 fatty acids (1000 mg daily), and probiotics.
- Lifestyle modifications recommended: stress management practices, adequate sleep, mindfulness meditation daily.
- Consider herbal adaptogens (Ashwagandha) to support thyroid regulation.
- Follow-up labs ordered in 3 months: TSH, Free T4, Free T3, TPO antibodies, TSI.
- Patient education regarding Graves' disease management.

