Food Intolerance Prescription

Name Bernadette Hamblin

Date 16/3/23

Practitioner Lisa Hayne

Borderline Whole egg

Mild

Moderate

Strong

Food and Nutrition Plan

One of the few things the test doesn't cover is lactose. With teh nature of your symptoms I would recommend trialling a week or two with lactose free dairy products and monitoring your symptoms during this time.
>> Lactose free - there are lactose free alternatives for most products at the supermarket now. Your big ones will be cheese, milk, chocolate and any added into your crackers.

Keep working towards increasing your protein with breakfast.

Once you've finished your MagTaur I'll switch you over to a different mix so we can target both your gut and energy levels in one product.

Thyroid nutrients - adding in foods high in selenium, iodine and zinc will help increase your thyroid health and thyroid hormone production. Nuts, seeds and eggs are high in these nutrients.

Prescribed Supplements

PHGG - 1 scoop mixed in with your other powders, or in a smoothie (drink straight away)

FEM 21 - change back to 1/2 scoop and make sure you're drinking lots of water as your body is detoxing.

Continue with your MagTaur and Repairase until finished.

Testing and Pathology

We can explore SIBO testing or Microbiome test down the track to see if there's an imbalance with you gut bugs causing your symptoms, but let's run with this plan to get your symptoms under control first before we make any changes.

Additional Comments and Follow-up

Practitioner contact details

Name: Lisa Hayne Phone: 0439 447 556 Email: admin@herbandspice.net.au