



Robert Fakes

Treatment Plan

Practitioner	Kit Tomlinson
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Health Goals

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1. Reduce severity of IBS symptoms by eliminating pathogenic bacteria and candida overgrowth, as well as healing leaky gut and food intolerances.
2. Improve energy levels by reducing inflammation in the body and increasing nutrient status.
3. Stabilize mood by reducing inflammation and cortisol in the body and supporting the gut/brain axis.
4. Reduce severity of arthritis and psoriasis by improving gut health and stress response.

Dietary Advice

Dietary Advice

As we discussed, you will have to be on quite a restricted diet for the next 3-6 months. You need to avoid all dairy, gluten and sugar. This is to heal the gut lining, reduce inflammation and starve the candida (so it will die off).

Sources of dairy:

- Milk (including lactose free milk)
- Cream
- Cheese
- Yoghurt
- Ice cream
- Whey powder
- Butter
- Most cakes, desserts, pastry etc.

Sources of gluten:

- Bread (including sourdough)
- Pasta
- Pies

- Cakes
- Noodles
- Soy sauce
- Gravy
- Crackers
- Biscuits
- Wheat
- Barley
- Rye
- Spelt

Sources of sugar:

- Raw, brown, caster sugar
- Golden syrup
- Desserts
- Lollies
- Chocolate
- Fruit
- Starches - potato, bread, pasta etc.

Other foods to avoid are **crab, oregano and oats**.

I have found a meal delivery company that is gluten free, dairy free, low FODMAP and does not add any sugar. If it is within your means I would highly recommend getting your meals from them as you will be able to be rest assured that none of the food will be triggering for your gut. There will be a little bit of potato in some of the meals, but it shouldn't be enough to cause a candida flare. I will send the link to the website in an email. They also have sugar free, dairy free and gluten free macarons that you can buy to help curb any sweet cravings!

Additionally, as we also discussed it is important that you stop all alcohol. Not only will it cause inflammation in the gut, it will also feed the candida, worsen leaky gut and effect the quality of your sleep.

Lifestyle Advice

Lifestyle Advice

As this is a stressful time for you, it would be great if you could schedule some time to get a massage or another relaxing and therapeutic treatment. This will help your nervous system to unwind, support your body in healing and help to clear toxins from the body.

Words of wisdom

Words of Wisdom

Your body has an amazing capacity to heal given the correct conditions. You are on the right track!

Prescription

Prescription

CalmX powder - 1 scoop in glass of water. This will help nervous system.

Gut R powder - 1 scoop in glass of water. This will help bloating and leaky gut.

IgG shield powder - 1 scoop (the one that is supplied in container) in glass of water. This will help diarrhea, bloating, gut immunity and leaky gut.

Can add all the above powders into a glass of water and drink.

Liquid Herbal formula (in brown bottle):

Start taking the one you already have. 7.5 mls in a small amount of water twice a day.

Once the other bottle of herbs arrive stop the current one and begin the new one.

7.5 ml twice a day in a small amount of water. This will help kill candida and bacterial overgrowth.

S.Bifido capsule - take 1 capsule a day (can take 2 or 3 when diarrhea is really bad). This will help diarrhea and healing the gut lining.

Referrals / Further Investigations

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