



Robert Fakes

Treatment Plan

Practitioner	Kit Tomlinson
Appointment	8 Sep 2023, 10:00AM
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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. Reduce Iron in the blood to improve gut health, heart health and joint pain.
3. Improve energy levels by reducing inflammation in the body and increasing nutrient status.
4. Stabilize mood by reducing inflammation and cortisol in the body and supporting the gut/brain axis.
5. Reduce severity of arthritis and psoriasis by improving gut health and stress response.

Dietary Advice

Dietary Advice

I am so impressed with your discipline on removing all the trigger foods from your diet. I definitely recommend you try some of the recipes I sent you. If you find that some don't upset your gut, make big batches so you always have something available to eat.

There are some foods that help to bind up iron in the blood. These are **black tea or green tea, walnuts, turmeric and calcium**. You can buy calcium tablets from the chemist and have before a meal to help bind up the iron in the meal.

Calcium is also beneficial for heart health, so this is a bonus.

There is Turmeric in your gut powder and in the Inflammesic tablets (sample I gave you today).

Consider drinking black and green tea a couple times a day to further help reduce iron in the blood.

Berries and eggs also help to bind up iron, so consume a lot of these too.

Lastly, I would encourage you to as much as possible to not consume alcohol. It really does have detrimental effects on gut health as well as increases iron levels in the blood. The less you consume, the better for overall health.

Keep up the great work and remember that this isn't forever, just until we have repaired your gut function, reduced inflammation and got your blood vitamin and mineral levels balanced.

Lifestyle Advice

Lifestyle Advice

I'm very glad to hear you are seeing a therapist and she is offering such great advice and guidance. I agree that you need to start shifting all the responsibility you carry so that you can create an environment that is conducive for rest and healing.

Make sure that you do whatever helps you to release your anxious thoughts and stress - this only adds to fatigue and poor health.

Words of wisdom

Words of Wisdom

Give yourself permission to fully relax, rest and heal.

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.

Mood FX - 1-2 capsules a day. This is a very well researched product to alleviate depression and brain fog.

Trigandha - 2-4 capsules a day. This is a wonderful product to help reduce cortisol levels to allow for better sleep reduced anxiety and stress.

CBD oil - taking a good dose of this every day is going to do wonders for your joints, mind, sleep and digestion.

Referrals / Further Investigations

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Please let me know ASAP when you are booked in for surgery.