



Robert Fakes

Treatment Plan

Practitioner	Kit Tomlinson
Appointment	10 Jul 2023, 10:00AM
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Health Goals

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1. Reduce severity of IBS symptoms by addressing gut microbiome 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

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It is hard to feel well when you are not eating enough. It is important to find foods that are well tolerated and consume those in abundance.

For example, if you know that you can eat baked pumpkin without bloating, it is better to have a meal of pumpkin by itself, than to eat nothing at all (it can be a bit boring, but it is important to give the body energy).

Often IBS sufferers will eat meals of just one food to help reduce symptoms.

It might be worth a try, just eating eggs by themselves (no toast), or steamed broccoli by itself etc. The less ingredients in a meal the better.

Pumpkin soup is a good one as it is just broth and pumpkin blended together. You could try a few simple soups like that (avoid adding in onion and garlic).

I would also recommend buying a jar of bone broth concentrate from the health food store. You take one teaspoon in a cup of hot water and drink every day. It has gut healing properties (it generally has a low iron content, especially chicken broth).

Unfortunately, alcohol has been shown to increase iron levels in the body when you have haemochromatosis (as well as disrupt the gut microbiome), so it is important to try not drink every night. Try to reduce the days you drink, more and more each week until eventually it is only an occasional drink. This will be very beneficial for your gut health, sleep and energy levels.

I encourage you to only by gluten free products - pastas, breads and wraps (can all be found at Coles or woolies). Even in healthy people gluten can cause temporary gut permeability. So, for yourself it is important to avoid entirely.

hemochromatosis plays a big part in fatigue, shortness of breath (iron overload affects the lungs), weight fluctuations and sore joints. Some ways to help prevent iron accumulation, other than avoiding red meat and giving blood, is to eat and drink substances that help to bind iron. These include black tea, grapes, parsley, gluten free grains, nuts and legumes (just be mindful that nuts and legumes are common aggravators for IBS).

Lifestyle Advice

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As your body is very inflamed it is important to engage in activities that help the body to de-stress.

Such as strolls in nature, massages, warm baths, stretching exercises.

I can also recommend to help with your tinnitus you could try osteopathy at Move Easy studio down the road from us. Call: [5551 4194](tel:55514194)

It is also beneficial for arthritis and body tension/ pain.

We also have a phenomenal massage therapist here at the clinic. I highly recommend her hot lava shell massage - it will make you feel very relaxed and calm.

Words of wisdom

Words of Wisdom

The body is always sending us warning signals, it is important to listen and take time for yourself 😊

Prescription**Prescription**

Gut R - One scoop in a glass of water in the morning.

Calm X - One scoop in a glass of water in the morning.

Herbal formula- 7.5 ml in a small amount of water, morning and night (can reduce amount to 2.5 ml if is too strong on the digestive system).

Referrals / Further Investigations**Referrals / Further Investigations**

Check emails for message from Nutripath. Pay amount and complete tests asap.

Blood spot food intolerance test and Complete microbiome stool test.