



Mrs Ashlee Fraser

Treatment Plan

Practitioner	Leesa Young
Appointment	27 Jun 2023, 11:30AM
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Health Goals

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- Reduce bloating and nausea
- Address potential underlying causes of recent abdominal pain, including likely SIBO
- Improve bowel transit time

Dietary Advice

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As discussed, my biggest suggestion to start with is to add a **small protein-rich meal in the mornings** - a chia pudding may be a good solution as it is excellent for digestive health as well.

- General recipe is to add approx 1/4 cup of chia seeds to 1 cup of milk of choice, give it a good stir and then refrigerate for 4 hours (I do it overnight) - and its good to give it another stir after about 20 minutes as sometimes the seeds can get clumpy.
- Add some lemon juice, vanilla essence, cinnamon, maple syrup for flavour
- top with kiwi fruit (great for bowels), blueberries, not-too-sweet granola, anything that takes your fancy.
- You can make 3 or 4 at once so you have them there to grab on the way to work, and try having a few mouthfuls when you have your coffee.

Experiment with this and see how you go - we can refine as we go.

Make sure you're staying hydrated - keep your water bottle with you at work, and aim to get through 2 litres each day - maybe a little more on training days.

Lifestyle Advice

Lifestyle Advice

Let's focus on getting some consistent, good quality sleep to support energy levels and digestive health.

- Commit to being in bed by 10pm most nights
- Start to wind down 30-60 minutes beforehand, incorporating your magnesium, some

gentle stretching, a quick brain dump of anything for tomorrow's to-do list, and a bit of reading in bed

- Keep your screens out of your bedroom and keep the lights low as much as practical after sunset
- Aim to get 3-4 minutes of morning sun on your face when you wake in the morning

Words of wisdom

Words of Wisdom

Embrace the bitterness of your herbs - it'll be worth it! ☺

Prescription

Prescription

Herbs: to support upper digestive function and liver function, improve intestinal motility and start to correct microbial displacement & imbalance. I've also put a bit of nice adrenal/nervous system support in for you too.

Dose: 5mL 2-3 times a day with meals

Your blend contains: *Andrographis*, *dandelion root*, *St Mary's Thistle*, *gentian*, *Iberis*, *withania*.

GI Immunobiotic: to improve nutrient absorption, reduce inflammation in the intestines and support beneficial microbial populations

Dose: 1.5 teaspoons in water daily with dinner

Magnesium: take your magnesium 30-60 minutes before bed to support nervous system and muscular relaxation

Dose: approx 200-300mg each evening before bed.

Referrals / Further Investigations

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- I'd love to see your test results from the acute abdominal pain episode, and your previous results for comparison.
- Send me a photo of the breath test referral if you can find it - we may consider getting this done further down the track