



Belinda Butler

Treatment Plan

Practitioner	Leesa Young
Appointment	27 Apr 2023, 8:15AM
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Health Goals

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1. Relieve significant acute digestive discomfort & bloating, improve appetite/food tolerance
2. Support overall digestive and liver function to improve nutrient absorption, assimilation and excretion
3. Support nervous system & adrenals to improve resilience & energy

Longer term - work to resolve SIBO, address peri-menopausal hormonal influences and continue to support overall wellbeing

Dietary Advice

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We are keeping this really simple for the next couple of weeks while we work to relieve your acute symptoms and "wake up" your appetite again.

- take your time with meals, using your tools to relax and calm your nervous system before trying to eat.
- Engage the senses to encourage the cephalic phase of digestion to start - reframe any negative thoughts around food & eating, try to imagine yourself enjoying the act of nourishing yourself, and hopefully you will gradually start to notice some small signs of response from your stomach!
- Stick to simple, easy to digest foods that don't carry any risk of increasing symptoms for now. Bone broths and clear soups are an excellent choice. As mentioned, you should be able to source organic bones from the Woolly Sheep: <https://thewoollysheep.com.au/collections/bones-and-frames/products/organic-chicken-frames>
- I found these bone broth pastes that don't have any veg, that you can use to make soup - they're a bit pricey but work out to less than a dollar a cup so maybe worth a try if you like! and I'll keep my eye out for the ready-made ones I mentioned yesterday.

<https://www.woolworths.com.au/shop/productdetails/1073779085/gevity-rx-bone-broth-body-glue-natural-390g>

- You can also get miso soup cubes or paste from most supermarkets which is a quick and easy (and cheaper!) nourishing soup if you enjoy the flavour

<https://www.woolworths.com.au/shop/productdetails/122037/miso-tasty-red-miso-paste>

Lifestyle Advice

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Sleep - For the next week or so, please aim to get yourself into bed by 10pm. Use the last 30-60 minutes before bed to really wind down, dim the lights, do some gentle stretching and make it a bit of a ritual. Getting some of that beautiful restorative sleep in the hours before midnight will really support your healing & recovery and help the herbs do their work.

Self care - go gently, take good care of yourself, get some natural light and green space whenever you can, and remember this is just temporary - we will get you back feeling like yourself again

Words of wisdom

Words of Wisdom

Allow yourself to let go of overwhelm and take it slow. It's a process, and you're already well on the way :-)

Prescription

Prescription

- Slippery Elm powder - keep taking this at bedtime, and you can add it in after meals if you think you need it.
- Keep Calm tea - make a weak brew of this and drink 3-4 times a day, with the last cup about an hour before bed. Excellent gentle support for upper digestive system, nervous system and sleep quality. You can increase the strength of the brew as desired, and it's also lovely as an iced tea if we get any more warm weather and this feels better for you! Just brew as usual, let cool a bit and add some ice, fresh mint leaves and lemon if you like :-)
- Next time, we'll review how this went and talk about adding in either some drop-dose herbs or the slippery elm + SB/gut health formula we discussed, depending on how things are going.

Referrals / Further Investigations

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Send me copies of any testing you've had done in the last couple of years, including the SIBO test results if you have them.
& Keep seeing Sorena as needed!