

From: The Well Collective
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02.08.2023

To whom it may concern,

Re: Referral of Asha Clarke

Asha Clarke presented to The Well Collective clinic for a Naturopathy consult on 02.08.23

She presented with excessive bloating, constipation, off-smelling gas, fibromyalgia and hormonal issues. After taking a full case history, it was revealed that the digestive complaints and other issues had been going for a few years.

The patient completed a complete microbiome mapping test, IgG General Food Panel and an Endocrinology Saliva test. Her hormonal test results revealed low progesterone, e1, e2, e3, which I have discerned to be age related perimenopause.

Her stool test revealed extremely high calprotectin levels, elevated beta glucuronidase levels, blood in stool, high zonulin levels, an overgrowth of *Proteus mirabilis* and *Fusobacterium* species (both autoimmune triggers) and a deficiency in *Bacteroides fragilis* and *Oxalobacter formigenes*.

Her IgG revealed intolerance to all dairy, egg white and yolk, almonds, gluten, gliadin and candida.

Due to the combination of these markers, I would like to rule out the differential diagnoses of Ulcerative colitis, Crohn's disease, Coeliac's disease and any other more serious illness. For these reasons I believe Asha would be a candidate for colonoscopy and/or intestinal endoscopy.

In the mutual care of our patient, I would appreciate the sharing of any relevant information that will assist with the health management of Asha Clarke. Thank you in advance for your consideration.

Please contact me if you require further information relating to our patient.

Kind regards,

Kaitlyn Tomlinson
Clinical Naturopath



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