

## Maeve Beary

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**From:** Maeve Beary <mbeary@tpg.com.au>  
**Sent:** Wednesday, 25 September 2019 12:46 PM  
**To:** 'melanie.sinton@bigpond.com'  
**Subject:** RE: Probiotic

Hi Mel

Interesting, all of it. I can do Friday 18<sup>th</sup>? Does that suit?  
M

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**From:** melanie.sinton@bigpond.com <melanie.sinton@bigpond.com>  
**Sent:** Tuesday, 24 September 2019 12:35 PM  
**To:** 'Maeve Beary' <mbeary@tpg.com.au>  
**Subject:** RE: Probiotic

Hi Maeve and thank you. So interesting. I would like to get some Pro8-50 Plus from you at some point but perhaps let's reschedule the consult first if that's okay? I have Hilton's results that I will send through to you.

Interestingly Hilton had a confirmed giardia infection when he was very young. I remember it clearly because we had to report it to NSW Health. I am convinced (but obviously could be wrong) that he has leaky gut which is contributing to his allergic state. To what extent I have no idea of course. You will see what I mean when you see his food panel.

In fact, Harrison's food panel was more alarming which surprised us but let's just focus on Hilton for now.

It would be interesting to get a complete microbiome mapping done (of both my boys) but we can discuss that in due course.

Can we meet first week back after holidays? Thursday 17 October, 10am?

Thanks again Maeve.

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**From:** Maeve Beary <mbeary@tpg.com.au>  
**Sent:** Friday, 20 September 2019 1:22 PM  
**To:** [melanie.sinton@bigpond.com](mailto:melanie.sinton@bigpond.com)  
**Subject:** RE: Probiotic

Hi Mel

Interesting article. So the strains mentioned in the article relevant to HDM are *Lactobacillus Rhamnosus* and *Lactobacillus Plantarum*. The product that I recommend for dust mite allergies is *Pro8-50 Plus*. It has 8 strains of pro-biotic totalling over 50 Billion CFU count.

So it has your *LGG Rhamnosus* in high concentration 30billion and *L Plantarum 3Bn*, as well as *B. Breve* which has been studied extensively for its role in suppressing the Th2 immune response to reduce or prevent allergic state.

Also has *B Longum* and *B infantis* which have the ability to modulate histamine pathway.

**Note:** You also want to stay away from *L.casei*, *L delbreukii* and *L bulgaricus* as they can increase histamine production.

You need to be quite careful in what pro-biotics you give someone with high allergic states as you can make things worse if you don't know what ones to select.

M

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**From:** [melanie.sinton@bigpond.com](mailto:melanie.sinton@bigpond.com) <[melanie.sinton@bigpond.com](mailto:melanie.sinton@bigpond.com)>  
**Sent:** Thursday, 19 September 2019 10:36 AM  
**To:** 'Maeve Beary' <[mbeary@tpg.com.au](mailto:mbeary@tpg.com.au)>  
**Subject:** Probiotic

Hi Maeve,

Does the probiotic product you sell for allergies have any of the strains listed in the table on this study?

<https://clinicalmolecularallergy.biomedcentral.com/articles/10.1186/s12948-018-0092-9>

What brand/is it called again?

Thank you xxx Mel



## Maeve Beary

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**From:** melanie.sinton@bigpond.com  
**Sent:** Thursday, 17 October 2019 9:43 PM  
**To:** 'Maeve Beary'  
**Cc:** 'Alastair'  
**Subject:** Hilton Sinton  
**Attachments:** CU0208 H Sinton 200+\_EN.pdf; HA Sinton Coeliac Genotyping.pdf; HA Sinton Coeliac Serology.pdf; HA SINTON\_Iron Studies June 2019.pdf; Hilton Sinton pathology May 2019 1 of 2.pdf; Hilton Sinton pathology May 2019 2 of 2.pdf

Hi Maeve,

For our 10am tomorrow. Apologies for getting this to you so late.

Please find attached Hilton's Aust Bio IgG results and his latest iron and coeliac testing. In a nut shell his iron is fine (after supplementation) and he is negative to Coeliac disease. Interestingly he is genetically susceptible.

I guess the main focus for appointment is to address his Allergic rhinitis. He has very high dust mite and grass allergies with elevated IgE levels/moderate eosinophilia. He is currently using a combined Azelastine/Fluticasone spray to manage symptoms.

As you know I have seen an allergist regarding immunotherapy but would like to look at his gut health and diet first to see if we can manage it that way before going down the immunotherapy path. I think it would be beneficial to get a complete microbiome mapping done (have you heard of NutriPath?) especially as he has had confirmed giardia in the past and then incorporate the Pro8-50 Plus but I will be guided by you on this. Very interesting to learn about B. Breve and its role in suppressing the Th2 immune response to reduce or prevent allergic state and also the B Longum and B infantis and their ability to modulate histamine pathway. That just wows me.

You will see from the food panel it is obvious that first step is to cut out dairy, eggs and wheat but other than that it's not too bad.

Thank you for seeing me.

Mel

. Blood Type?  
. Stools?

INBALANCE MEETINGS  
AT NOVOTEL

Lunar cycle  
↑

1. Parasite - Para Tri + SB500
  2. Remove Gluten (Dairy for 3 mths)
  3. Digestive Enzyme. Bitter Foods.
  4. Address hypo acidity
  5. Lipids - not digesting or not enough L.
    - . Garlic
    - . Berberine.?
- Para-Tri - 20 mins Bk meal <sup>20 drops</sup> = 1 ml  
SB500.  
Pro 8 forte | Pro 8-50 Plus
5. Test other family members?

Full Moon cycles: 20 → 27 Nov. → 4 Dec.  
\*

18 → 25 Jan → 1 Feb.

17 → 24 Feb → 4 Feb

17 → 24 Mar → 31 Mar

Peter Lewis 69 Kalang Rd.  
\* Christel Romano Elanora Heights  
Elanora Heights Med. Prac / Dr Tom Hogan

An ACCORHOTELS brand



Bitter melon

cruciferous Veg: radish, Kale,

Brussels;

Cranberries

green tea.

dandelion green

ginger, pepper, cardamom.

mullit, amaranth.

Citrus.

radicchio, ducory, endive

cauli, brocc, artichokes,

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L.S.A.

Flax.

Walnuts.

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Pre-biotics: slippery elm

Pro.

SB