



Patient Prescription

Name	Anis Roth
Date	29/11/19
Next Appointment	Contact mid Jan
Recommended investigations	BGL test (7.0 today). Insulin resistance, PCOS?, SIBO (discuss next consult) Suggested supps for gut integrity – Gut repair formula, soil based probiotic, digestive enzyme, motility formula, biofilm buster

Dietary & lifestyle recommendations:

1. Diet Diary 3-5 days
2. Fluids 2-3 L/day
3. Increase veggies 3-4 times/day – greens: spinach, rocket, endives, herbs, green smoothie, celery
4. Increase nuts and seeds – sesame, pumpkin, sunflower, LSA
5. Fish – eg sardines or anchovies, herrings, atlantic salmon, mackerel – low in mercury
6. Low carbs ok – eat carbs 30m – 1 hr post training
7. Bone broth 1-2 times/day
8. Home-made Ginger tea 2-3 times/day. 1-2 inches of fresh ginger. Boil fresh clean water, slice ginger and allow to brew 30 mins on low heat. Alternatively grate the ginger and pour into hot water. Can add lemon or honey if required. Assists with digestion and acts as a potent anti-inflammatory
9. Try Green smoothie recipe, breakfast, add ½ avocado to recipe – every other day.
10. Remove bread at breakfast

During next consult, after reviewing the diet diary we will discuss a specific diet. In preparation of this try to avoid:

- a. gluten grains (wheat, rye, barley, oats)
- b. legumes (chickpeas, kidney beans, baked beans, soy beans, lentils, split peas, lupin)
- c. dairy

Its ok to eat gluten free grains - rice, corn, teff, buckwheat, sorghum, quinoa, amaranth.

Start to read the labels on all the products you buy so you can get used to the ingredient listings.

Supplements B=Before, D=During, A= After	Breakfast	Lunch	Dinner	Bed



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Name	Anis Roth
Date	29/11/19
Next Appointment	Contact mid Jan <i>LOW FOODMAPS</i>
Recommended investigations	BGL test (7.0 today). Insulin resistance, PCOS SIBO - discuss next session \$180 Supps - discuss (after test) • DPH - GI microb-X, Berberine, Para-Tri

Dietary & lifestyle recommendations:

- 1. Diet Diary 3-5 days
- 2. Fluids 2-3 L/day
- 3. Increase veggies 3-4 times/day - greens: spinach, rocket, endives, herbs, green smoothie, celery
- 4. Increase nuts and seeds - sesame, pumpkin, sunflower, LSA
- 5. Fish - small or deep sea
- 6. Low carbs ok - eat carbs 30m - 1 hr post training
- 7. Bone broth 1-2 times/day
- 8. Remove bread at brekkie
- 9. *Ginger Tea 2-3 times daily*

Supplements	Breakfast	Lunch
B=Before, D=During, A= After		

Smoothie recipe ✓

~~Left diet recipe~~
↳ will follow

Supps Low foodmap

SIBO - Breath Test.

~~Mediterranean Diet~~

~~DAIS Test~~

1. Test SIBO

2. AB's ?

3. ~~Para-Tri~~ DPH
GI MicrobX
Berberine.

4. BioFilm-

5. Digestive Enz

6. Low foodmap

7. Constip. mg gly.
600mg B14 ba.
Ginger tea.

8. IB Synergy

9. Better Me Tea.