



Patient Follow Up Notes

Name	Courtney Harrison.
Date	31/10/19.
Feedback from previous appointment still sore tummy - constipated	not as many exposure episodes. - gave dietary plan, including recipes - pro-biotics - making her nauseous. But could be coconut yoghurt? Will try w/ regular yoghurt.
Next Appointment	TBC - after pyrrole tests.

Dietary & lifestyle recommendations:

- Increase fibre intake - Veggies and/or fibre supp/slippy elm
- Remove Tuna
- Increase Zinc, Magnesium, B6 Foods.
- 1-1.5L water
- Focus on whole foods and NO additives; no extra sugars.
- Test pyrroles + look @ removing gluten/dairy?
- Continue pro-biotics.

Supplements B=Before, D=During, A= After	Breakfast	Lunch	Dinner	Bed
Fibre / Design for Health				
A Nordic Natural children's OHA.				
Magnesium				

sent Anchovy pasta recipe.
Note urine tests are from 2016



Patient Prescription

Name	Courtney Harrison
Date	19 Sept 2019
Next Appointment	17 Oct 2019 @11am
Recommended investigations	Paediatrician has already requested urine sample -result? -blood in urine?

Dietary & lifestyle recommendations:

1. 1 – 1.5l water/day
2. Pro-biotics Spectrumceuticals Pro4-50 Powder (to re-introduce some good gut microbes)
3. Increase fibre/ veggies 2-3 cups per day (raw/cooked) – cucumber, carrot, capsicum, celery, with dip/hommus/peanut butter
4. Try almond milk, other yoghurt options. Talk to day care to find out what dairy free would entail.

Supplements B=Before, D=During, A= After	Breakfast			Lunch			Dinner			Bed
Spectrumceuticals pro biotics Pro4-50 powder	1						1			
	scoop						scoop			

Thurs	Fri	Sat	Sun	Mon	Tue	Wed
Raisin toast	raisin toast	c/flakes (no milk)	c/flakes (no milk) hot choc	dry wheatbx	granola s/berry yog grapes	raisin toast
grapes iced finger bun chug pad table of plenty	teddy bis.	B/fast bics	Apple	apple	↑	↑
2 eggs saramole toast	2 corn thuns vegemite	Vegemite s/wich potato sticks	Vegemite s/w Banana Shapes	day care	day care	day care
bol & gf pasta salina yog grapes	doritos grapes	Ice cream	Ice cream	↓ rock melon	↓ doritos raisin toast	↓
→ sore tummy x2	wrap (yog, ham carrot, cuc) s/berry yog grapes	Steak s/korn x2 carrot cuc Sausage s/berry yog	Raisin Toast.	bol & gf pasta	bol & gf pasta	chick nugs gf pasta corn carrot.