



Follow up & new blood results

5 messages

Meg Battaglia <meg.battaglia@gmail.com>
To: Maeve Beary <mavee@nutrific.com.au>

3 February 2021 at 14:07

Hi Maeve,

I hope you had a lovely Christmas and New Year.

I finally got around to getting my bloods done and had my follow with Dr Romero to get my results today.

I would love to have a follow up consult with you to go over the results and a supplement plan and/or diet plan if necessary. Please let me know what day/times suit you.

Results (also attached):

- ✓ B's have improved, Dr Romano wants me to continue for another couple of months but now on Metagen Methyl Active x 60 1 PO OD (which she said is more affordable/accessible)
- ✓ D's have improved, Dr Romano said I can hold off while it's summer then go back on the same spray I still have
- ✓ Zinc has improved but still not where she'd like it to be, continue for 3 months
- Iron is low and not improving, after questioning my menstruation bleeds she doesn't think it's due to my periods, she's not sure why it's not absorbing like the others. She wants me to go three months more and has increased the dosage. ?

Dr Romano also said I'm okay to go ahead with anti-contraception, I'm leaning towards the Implanon as I've had it before and had no issues, and seems like a easier more comfortable procedure. However, I'm also aware of the fact that I'll be adding in hormones. I'd like an option that doesn't make me bleed, and helps with bloating and general tiredness, so I might have to do a bit more research.

In general I've been feeling better. It was quite noticeable when I finished off all the supplements a couple of weeks ago, I started to feel bloated again and tiredness and some headaches. However, this also coincided with my last menstruation which was pretty draining - tiredness, bloating, a little nausea and just feeling a bit yuck in general.

Diet wise, I have varied my diet a little but still stayed off the high intolerant foods as much as possible. My constipation has reduced, I have bowel movements most days, but it's still not regular. Dr Romano suggested I keep taking Norma Fibre 1-2 tsp 1-2 p/d to get a normal rhythm and stool composition.

I feel about a 6.5 in terms of my health, better than before but still not right.

I have also joined a gym and am back training which has given me more energy.

Looking forward to a follow up

Thank you

Meg

↓ iron - Stomach Acid Levels? (too low)
- Gut inflammation
- H. Pylori *
- Food Sensit

blood results feb 2021_20210203134631.pdf
2894K

- feeling generally Better.

Maeve Beary <mavee@nutrific.com.au>
To: Meg Battaglia <meg.battaglia@gmail.com>

4 February 2021 at 18:33

Hi Meg

Great to hear from you

I have availability next Monday - what time works for you? We can definitely look at some options for you

chat soon
Maeve

[Quoted text hidden]

Maeve Beary, Nutritionist
0412571134

1 of 2

- Energy levels low - Fe
- need red meat - Iron Food.
- Psyllium Husk
- mg?
- GI Regulate.
- remove Yeast
- H. Pylori

8/02/2021, 11:02 am



Maeve Beary <mavee@nutrific.com.au>

Notes

1 message

Meg Battaglia <meg.battaglia@gmail.com>
 To: Maeve Beary <mavee@nutrific.com.au>

11 November 2020 at 19:15

Hi Maeve,

Hope you have been well, here are some notes from my past month.

In general my symptoms have been mild, my fatigue and headaches have gone down a lot, however, I still bloat regularly (mildly) and feeling generally uncomfortable/a bit gross. Energy levels have also improved a little but I'm still not feeling myself.

Bowel movements - Since I started the Normacol my stool has become easier to pass for most of the time, however, throughout the month I've been mostly constipated, feeling unsatisfied after releasing, sometimes there is pain (cramping just before release) and tearing. The colour has also recently changed to a dark green. I've been treating an external haemorrhoid but it hasn't worked due to ongoing constipation (I'm guessing). I've been trying to have a lot more water but during those cold weather weeks I defiantly wasn't getting enough (noticeably when the constipation got bad). I'm really interested to see how I can change or add to my diet to help with this.

Diet - I've been adding a lot more ingredients to my diet and haven't been feeling too sick afterwards (inc. sourdough bread, battered fish/chips, chocolate, gluten free pasta & wheetbix (with maize properties)). I've also increased my seafood intake which I have enjoyed as it feels light to eat and no bloating. I have also added in more fruit (nectarine, pear, pineapple, mango, kiwi fruit, apricot, papaya). One strange thing I noticed is that the usual foods I've been having the whole time are making me feel sick (e.g. quinoa porridge or smoothies). I stopped the quinoa and tried to introduce oats but didn't have much difference. Now I realise a big culprit in those two main breakfast meals is banana. Since getting my intolerance test results I stopped eating banana and I've noticeably felt better after breakfast with no bloating and more energy. I've also been adding in psyllium husk to my breakfast but don't know if i'm adding enough to make a difference (2tsp).

✓ apple cider vinegar - have had after some heavier meals and seems to do well with bloating.
 flax seed powder - used it during my last period and didn't seem to make a difference but i was already in pain from bloating by the stage of taking it. Will try take it in anticipation this time.

ongoing

As for Supplements, I'm currently taking:

1. Morning: Maltofer (Iron 100mg) + Vit C 1000mg
2. Mid-morning Liposomal D3 (occasionally accusatively), Normacol 1tsp
3. After lunch: Methyl-Max, Digestive Enzyme
4. After dinner: Digestive Enzyme
5. Going to sleep: Normacol 1tsp, AlkaMin Essentials; Zinc Max 50mg

Maltofer: Iron 100mg

Vit C: 1000mg

Liposomal D3: Colecalciferol 25mcg equiv. to vitamin D3 2000IU

Normacol: Sterculia 62%, Frangula bark powder 8%

Methyl-Max: Serine 50mg, Pyridoxal-5-phosphate 31mg equiv. pyridoxine (vitamin B6) 20mg, Riboflavin (vitamin

B2) 15mg, Cyanocobalamin (vitamin B12) 500mcg, Calcium folinate 540mcg equiv. folic acid (activated vitamin B9) 500mcg

I also saw you changed our time to 10am, thanks for that.

Looking toward to our chat

Thanks,

Meg

** Lactobacillus + Bifido species * constip**(L. Plantarum, L. Gasseri B Bifidum B longum)**✓ Pre-biotic + Pro Biotics. — (inulin, FOS/GOS)**✓ Psyllium husk.**twice/day x 7 days.**✓ Yoga therapy?**GI regulate**Mg?**Omega 3's daily*



Maeve Beary <mavee@nutrific.com.au>

zoom invitation - Nutrition consult/follow up

2 messages

Maeve Beary <mavee@nutrific.com.au>
To: Meg Battaglia <meg.battaglia@gmail.com>

16 July 2020 at 13:37

Maeve is inviting you to a scheduled Zoom meeting.

Topic: Nutrition Consultation/follow up - Meg Battaglia
Time: Jul 17, 2020 10:00 AM Canberra, Melbourne, Sydney

Join Zoom Meeting
<https://us04web.zoom.us/j/74317822924?pwd=ak9ZSm1GYlhuTEZlYmZ1bEo2dWV6UT09>

Meeting ID: 743 1782 2924
Passcode: qe5p0g

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Maeve Beary, Nutritionist
0412571134

Meg Battaglia <meg.battaglia@gmail.com>
To: Maeve Beary <mavee@nutrific.com.au>

16 July 2020 at 17:29

Thanks Maeve,

Here are some notes I've made for tomorrow's catch up (mainly for my own memory)

Diet

- generally very happy with it
- In week 1 I felt horrible withdrawals, headaches and bloating, but after the first week I started to feel a lot better
- Moved slowly went onto semi-restricted after week one, and in the other weeks 3-5 I meddled in phase 2 options (mainly rice noodles)
- I was pretty strict but ate out a few times and was hard to know all ingredients (mainly sauces)

Symptoms

- bloating has reduced dramatically
- headaches have reduced, no cramps or pains
- * - my appetite has increased significantly, even though I'm eating more I'm getting hungry shortly after my meals
- I am exercising 3 days a week but it's not always high intensity as I've been recovering from a knee injury.
- bowl movement has improved a little, however I still have mild constipation and diarrhea (between type 3 & 5 once a day or once every two days)
- still have mild discomfort after eating but not always and it's definitely not as bad as it used to be

Moving forward

- is collagen still a good to keep taking?
- which supplements should I continue with? I still have lots of magnesium capsules, and I still a decent amount of the probiotics you had me on the first time (SB Floractiv Saccharomyces cerevisiae) and the bitter power (Intestamine - GIT support with Theracurmin and Chios Mastic Gum).
- diet recommendations - can I move onto a more balanced diet or should I stay on phase 2 for another month or so?
- gums and starches, how bad are they as they seem to be in a lot of foods I used to consume?
- opinion on sweet potato and almonds - I keep hearing mixed reviews?

Sorry, I know it's a lot

Looking forward to our consult

Meg
[Quoted text hidden]

Food intoler

leave out
except
or gastro

leave out for now - it's mainly connective tissue repair.

organic
soak
Rays Nut Co. / Aus.

OK w/
healthy gut
but not inflamed
gut

coffee / exercise / diet diary.

Meg Battaglia 14:38 (4 hours ago)

to me

Hi Maeve,

Perfect let's book a session for 10am next Friday 12th June.

I've attached my results which includes an endoscopy and colonoscopy which the specialist ordered and revised in order to find a cause of the SIBO. He seems to think it's from antibiotics from my history of parasites. Unfortunately the SIBO test didn't seem to differentiate between hydrogen and methane but from it seems to be a hydro test - maybe I can email the specialist to confirm? Last year I suffered from constipation, which would make me think I had more methane (due to research I've read), however, over the past month or two it's changed to be more diarrhea or a mix stool composition (type 5 and 6 on stool chart), but I definitely haven't suffered from the painful constipation I used to.

As my test results and medication are in Spanish I'll do my best to translate them here below:

1. SIBO test

Hydrogen breath test with a positive results for lactulose.

2. Endoscopy - healthy looking, diagnosis: Antral Gastritis
Biopsies taken and came back negative/normal.

3. Colonoscopy - healthy-looking, internal hemorrhoids, diarrhea found at start of small intestine (photo 2).
Biopsies taken and came back negative/normal.

4. Endoscopy to observe pancreas - normal.

5. Medication:

- Antibiotic: IFAXIM Rifaximina 14 tablets, take 1 every 12 hours for 7 days.
- Help with gas/bloating: STAMYL Forte (Pancreatina 300mg, Simeticona 100mg) take 1 after main meal of the day (lunch) for 30 days.
- Probiotic: Multiflora (Lactobacillus) take 1 sachet in half a glass of water after once a day (after breakfast)

6. Recommendations

- Diet - little of everything, not a lot of little things
- Respect the hours of eating
- Breakfast: 25gr fibre (coconut, papaya)
- Eat every 6 hours (no snacking)
- Fast for dinner 2 days a week
- Exercise 200 mins per week (5 day a week)

Let me know if I can provide you with any more information before our consult

My Skype id is: live:meg.battaglia_1 or meg.battaglia@gmail.com

Thanks,

Meg

stomach inflammation
+ right colon
mucous, polip 1-3mm distal rectum

Hydrogen
lactulose

10am @ 17/7

12/6/20

Follow up - Meg Bataglia

March +ve for sub/columbia

← A/B, Digestive Enzymes, Pro-Biotic

Hydrogen or methane Dominant?

Endoscopy - healthy: intrae gastritis
Biopsies → neg/normal.

Colonoscopy - internal hemorrhoids,
disphren small intest.

Doc ~~Recommend~~: Diet - little of everything
not a lot of little things
Breakie 25g fibre coconut/
papaya.

Eat every 6 hrs.
no snack.

Fast for dinner 2 days/wk.
200 min exercise/wk.

~~Suggest~~:

Suggest: ~~Raw~~ ~~Best~~ Bi-Phase Diet

Reduce + Repair

↓

Restrict → Semi Restrict

↳ Dairy / grain, honey, legumes, fruit,

⇒ Protein + Veg OK.

Then semi-restrict = white rice + fruit

* Rebecca Lombes: SIBO cookbook 16:8.

- ① Digestive Support: Herbal Bitters
1/2 tsp B4 meals [if not working
try HCl]
- (NB) Food Intolerance Test. ?

no alcohol

2 Nut. Depletion Support. B12, Mg, Trace Min

② Brush Border Enzymes + Biofilm Enzymes

③ Bile (not if diarrhoea) start w/
Artichoke + Dandelion

Mg glycinate B4 Bed if Constip.

④ Herbal Anti-microbial Hydrogen.

Symptoms currently (Back in Aus 19/4)
Quarantine: Intercontinental Food.

After 2 weeks symptoms came back
Did fasting 2 nights/week.
not snacking.

V. Hyacinth grain.

Unlabeled.

Spin Back recently - Soy milk?

Pure Harvest / Australia's Own Almond milk

Christel Romano.

Exercise 3-4 / weeks

Bullet Proof Coffee
Food Intolerance.