

## Maeve Beary

**From:** Sandra Carey <careysandra5@gmail.com>  
**Sent:** Sunday, 23 April 2023 5:59 PM  
**To:** mbeary@tpg.com.au  
**Subject:** Fwd: Gut protocol

*Send: Fibre Info*

Sent from my iPhone

*low fodmap, low carbs, no  
dinner*

Begin forwarded message:

**From:** Isobel Marr <isobelmarr@gmail.com>  
**Date:** 15 December 2022 at 5:02:13 pm AEDT  
**To:** Sandra Carey <careysandra5@gmail.com>  
**Subject:** Re: Gut protocol

Hi Sandra, Certainly it is possible to try initially without using the penicillin and it could be looked at again later if you don't get sufficient results. The **insoluble fibre** particularly raw grated carrot and boiled button mushrooms have **antimicrobial** effects so by having them regularly (at least daily) you will help to suppress the strep as well. Including **plenty of herbs** in your cooking such as rosemary, thyme, garlic and cloves will also help.

On Thu, Dec 15, 2022 at 10:18 AM Sandra Carey <careysandra5@gmail.com> wrote:

Good Morning Doctor,

I have spoken with my specialist and he is v concerned Re relapse in my kidneys if I use the penicillin Re possible vomiting and diarrhoea.

I am still weighing things up so would appreciate my next best treatment?

Would it be what you have prescribed but just eliminate the penicillin?

The tweeking of my diet is certainly helping.

Let me know if another zoom consult required.

Kind Regards  
Sandra

Sent from my iPhone

On 6 Dec 2022, at 4:48 pm, Isobel Marr <isobelmarr@gmail.com> wrote:

I would recommend a few days of Movicol before the penicillin

On Tue, 6 Dec 2022 at 15:40, Sandra Carey <careysandra5@gmail.com> wrote:

Just checking that Movicol should be done before or if I just start penicillin ?

Sent from my iPhone

> On 6 Dec 2022, at 3:30 pm, Isobel Marr <isobelmarr@gmail.com> wrote:

>

> Protocol

> Movicol 2 daily for 3 days before starting

> Week 1 - Phenoxymethylpenicillin 500mg three times per day

- > Start Mutaflor, 1 capsule per day for first 4 days then 2 capsules per day
- >
- > Week 2 - Mutaflor 2 capsules per day
- > L. rhamnosus 2 capsules per day
- >
- > Week 3 - Phenoxymethylpenicillin 500mg three times per day
- > Mutaflor 2 capsules per day
- >
- > Week 4 - Mutaflor 2 capsules per day
- > L. rhamnosus 2 capsules per day
- >
- > Diet
- > Sugar free, no glucose, sucrose, fructose, or refined carbs. Also avoid artificial sweeteners
- > Gluten free
- > Lactose-free dairy is fine, avoid fermented foods such as yoghurt until after week 3
- > Include low FODMAP fruits e.g. berries, citrus
- > Green smoothies during day (E.g. green apple, celery, baby spinach, lettuce, mint, berries) *bok choy*
- > Bone broth 4-5 cups per day – Can use concentrate e.g. Gevity - Start after week 3
- > Insoluble fibre three times per day e.g. raw carrot, bamboo shoots, water chestnut, psyllium, button mushrooms (sliced and boiled for 20 min)
- > small amounts nuts and seeds
- > green leafy vegetables, green beans, rhubarb
- > Avoid resistant starch (eg cold/reheated potatoes, rice, pasta), arginine (eg chicken, pork) and citrulline (eg cucumber)
- >
- > Supplements
- > Mutaflor (available from Optilabs)
- > Sodibic 1 tablet twice a day
- > Folate 400 microg daily and ubiquinone (CoQ10) 200mg daily (Available in pharmacies)
- > Spectrumceuticals L. Rhamnosus (available from Optilabs)
- > Creon enzymes (Prescription)
- > Methyl B12 1mg daily (Available from Optilabs)
- >
- > Appointment to check progress after the 4 weeks finished
- > Please let me know if any questions