

## NUTRITION GOALS

- Continue with the reduce dairy intake through your diet; soy milk, lactose-free milk etc.
- Start to very slowly introduce egg again into your diet and add tiny amounts to begin with to her diet. We just want to keep pushing the point and try to rebuild that tolerance.
- When you get to dairy as a food group for Murphy, start with goat dairy, than lactose-free cheeses etc

## LIFESTYLE GOALS

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## MOVEMENT GOALS

## OTHER NOTES

## SUPPLEMENT PRESCRIPTION

1. BIOME Baby: 1 sachet daily, in one bottle daily

For your own safety and to maintain prescription efficacy we do not recommend self-prescribing or sourcing alternative supplements as ingredients may differ.

## PRACTITIONER CONTACT DETAILS

## FOLLOW UP APPOINTMENT

Casey Jones,  
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SCAN ME

The success of my business is based on word of mouth. If I've helped you or your family, I would greatly appreciate a review. You can leave a review by scanning the QR code.

As needed

Additional Information relevant to optimising your treatment outcomes at Carter Nutrition:

If you need to contact me, email [carter.nutrition@outlook.com](mailto:carter.nutrition@outlook.com)

For urgent concerns or matters regarding to your treatment and progress, please make a consult time to discuss.

- In the interests of best treatment outcomes for you, emails are reserved for brief questions from your consult, or to address prearranged follow ups

- Please note changes to your prescription and consideration of new information will require an appointment, and generally are not able to be reviewed via email

18.01.24.

→ going well: overall.

→ sx popped up only w/ full cream milk  
+ any egg (pood + speneel)

+ starting solid now  
(going well w/ TBS).

→ probiotic sachet going well, daily

BM.

↳ more settled.  
↳ sleeping well.

→ poo's are bigger.  
↳ but not as often. (more within range)

→ form has started to firm up overall  
- some still runny

→ ↓ random spit ups + vomits.

→ nil other sx changes

↳ teething at the moment.

→ Stein

overall  
pretty good.  
→ small rashes  
around the  
mouth.  
↳ teething?