



Renae Cinanni  
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**Date:** 2 September 2024

**Name:** Imogen Hare

**Unpaid invoice for GI MAP Results** – please click [here](#) to pay or you can pay via bank transfer

Bank Transfer Details:

Account Name: Renae Cinanni

BSB: 062-692

Account: 7757 3292

**GI MAP Instructions:**

- Do your sample on a Sunday and place it in the fridge to post out on Monday before 12pm OR do the sample on Monday morning. Take the sample to the post office and hand it to the counter person. You will need to sign the declaration at the bottom of the prepaid postage bag. Results will take roughly 4 – 5 weeks from the day you posted.

Please send me your recent blood test and endoscopy report results.

**Gut Health Maintenance:**

Supplement	Dose			Reason
	Breakfast	Lunch	Dinner	
Gastrus Chewable tablets	Chew one tablet daily or blend into a smoothie.			Probiotic strain L. reuteri taken for 6 weeks showed to significant reduction in IBS symptoms. Supports the gut microbiome, and the gut-brain axis, improves nutrient absorption, and improves neurotransmitter synthesis in the gut.

**Lifestyle Plan:**

- Give gut-directed hypnotherapy a try – shown to reduce IBS symptoms and improves moods (reduction in anxiety/depression related to IBS)
  - o Download the Nerva app
  - o You can read more about Nerva [here](#)

**Water intake** – Aim for 1.5L of water per day to help with her bowel motions.

**Include berries and golden kiwi fruit as much as you can:** helps to produce good bacteria through prebiotic fibres, and good for constipation and incomplete emptying of the bowel.

## Nutrition Plan:

Download the FODMAP app by Monash university to help with portion sizes of low fodmap foods.

FODMAP	HIGH FODMAPS	LOW FODMAP
<b>Oligosaccharides: fructans and/or galactooligosaccharides</b>	<p><b>Vegetables:</b> artichokes, asparagus, beetroot, Brussels sprouts, broccoli, cabbage, fennel, garlic, leeks, shallots, okra, onions, peas</p> <p><b>Cereals:</b> wheat &amp; rye when eaten in large amounts (bread, pasta, crackers)</p> <p><b>Legumes:</b> from dried chickpeas, lentils (dried and canned), red kidney beans, baked beans.</p> <p><b>Fruits:</b> watermelon, custard apple, white peaches, rambutan, kaki</p>	<p><b>Vegetables:</b> carrot, cucumber, potato, bell pepper, eggplant, green beans, lettuce, spinach, chives, parsnip, pumpkin, silver beet, spring onion (green part only), tomato, zucchini, bamboo shoots, bok choy, choy sum</p> <p><b>Cereals:</b> wheat-free/gluten free grains or wheat-free/gluten free flours and products made with these (bread, pasta, crackers), spelt and spelt products, oats, corn, rice, quinoa</p> <p><b>Legumes:</b> canned chickpeas</p>
<b>Disaccharides: Lactose</b>	Milk (cow, goat, sheep), yoghurt, soft & fresh cheeses (Ricotta, Cottage), ice cream	Lactose-free milk, rice milk, almond milk, lactose-free yoghurt, hard cheeses (Cheddar, Parmesan, Swiss, Brie, Camembert), pure butter, ice-cream substitutes (dairy-free gelato, sorbet)
<b>Monosaccharides: Fructose</b>	<p><b>Fruits:</b> apples, pears, nashi pears, clingstone peaches, mango, sugar snap peas, watermelon, tinned fruit in natural juice, dried fruits</p> <p>Honey</p> <p><b>Sweeteners:</b> fructose, high fructose corn syrup</p>	<p><b>Fruits:</b> banana unripe (when they're just turning yellow), blueberry, grapefruit, grape, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, tangelo, raspberry, strawberry, pawpaw, star fruit, passion fruit, rockmelon, carambola, durian</p> <p><b>Honey substitutes:</b> maple syrup, rice malt syrup</p> <p><b>Sweeteners:</b> sugar, glucose, artificial sweeteners not ending in "-ol"</p>
<b>Polyols</b>	<p><b>Fruits:</b> apples, apricots, cherries, lychee, nashi pears, nectarines, pears, peaches, plums, prunes, watermelon</p> <p><b>Vegetables:</b> avocado, cauliflower, mushrooms, snow peas</p> <p><b>Sweeteners:</b> sorbitol, mannitol, xylitol &amp; others ending in "-ol", isomalt</p>	<p><b>Fruits:</b> banana, blueberry, grapefruit, grape, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, raspberry, pawpaw, star fruit, passion fruit, rockmelon, carambola, durian</p> <p><b>Sweeteners:</b> sugar, glucose, artificial sweeteners not ending in "-ol" (sucralose, aspartame)</p>