



## Treatment Plan

Name: Liz Kiel

Date: 30/8/24

### Goals:

1. Improve gut/digestive function.
2. Improve nutrient intake.

### Dietary Recommendations:

- Record a 5 day food diary prior to the next appointment. Include any symptoms you have experienced. If you have any reactions to foods after having completed the diary, make a note of these and your symptoms
- Continue to follow a low FODMAP diet for now. This is a short term measure to provide relief, but ultimately we need to reintroduce these foods longer term as we address your gut health because restrictive diets over a long time frame cause a shift to the microbiome and a reduction in diversity.
- This resource from Monash Uni provides a list of the lower FODMAP foods: <https://www.monashfodmap.com/about-fodmap-and-ibs/high-and-low-fodmap-foods/>
- If using a sweetener, try a small amount of maple syrup rather than honey.
- Eliminate gluten and dairy for now as these can both be quite inflammatory when the gut is already inflamed. Once the gut has healed, we can look to reintroduce these foods.
- Start the day with a glass of water with the juice of 1/2-1 lemon. This helps to alkalise the body.
- Take 5 deep belly breaths prior to eating. This helps our body get into rest and digest, which then helps to switch on our digestive processes such as stomach acid and digestive enzymes.
- Ensure you chew your food adequately. Chewing thoroughly prepares our food to be more easily digested and the chewing motion stimulates salivary amylase in the mouth, which is a digestive enzyme that begins the process of carbohydrate digestion.
- Cooked foods tend to be easier for us to digest as the cooking process has already partially broken them down. Take note over the next month if you notice any difference when eating cooked foods vs raw salad type foods, in terms of fatigue post meal or bloating, etc.
- Ideally we need to get you eating a proper breakfast, but I can appreciate that you would prefer to stick with foods that don't upset your stomach for now. To get a little more protein in after your swim, you could try having a boiled egg after your banana.

### **Supplements:**

- **Inner Health Plus IBS Support (*Lactobacillus planetarium 299V*)**

This strain helps to reduce inflammation in the digestive tract and has a soothing effect. Take one capsule daily.

- You can continue with your original probiotic too as you seem to tolerate this and it is no problem to take the two together.

### **Further Testing with your GP:**

- At your next GP appointment it would be ideal if you could have a referral to test your stool for parasites and bacteria. Mention the long term recurrent instances of severe bowel changes, bloating and pain, as this is certainly an indication for this type of screening.
- If you could also discuss an annual health check blood test including: iron studies, thyroid, vitamin B12, vitamin D, fasting glucose, HbA1c.

### **Gut Testing:**

- As discussed in your appointment, it would be best to do an additional stool test that maps your entire microbiome and also checks a number of gastrointestinal markers. The test is a TGA approved test done through Co Biome. With this information and the parasite testing, it will take the guess work out and we can formulate a targeted treatment plan.
- I'll organise the referral which will come through via email and then you can pay for it whenever you would like to go ahead.
- The kit they send out has extensive instructions, but my tip is to collect the sample in an old take away container that is lined with toilet paper as the collection paper they send through can be a bit hit and miss! This makes it very easy to collect the small sample required.

**Next appointment:** we can organise this when the test results have come through.