

Your Treatment Plan: Follow-up Consultation

**For:** Monika Frkovic

**Date:** 15/11/24

**Summary of key issues discussed in consult**

1. Review of Gut Protocol progress

- Great compliance overall with positive results noted so far.
- Trial the **IgGI Shield** mixed in with other liquids (eg. GI Revive, smoothies) and/or at a half dose spread out over 2 x day instead of 1x.
- Still take the **ZymeGest** with or after meal if not >30min before.
- Whilst now in the Maintain Phase, look to slowly add in some prebiotic foods (ie. food to feed the good bacteria)

eg. pomegranate (seeds or juice), green tea daily, cranberry, onions, garlic, leeks, artichoke, flaxseeds (can add to smoothie), legumes, asparagus, cooked and cooled potatoes/sweet potatoes, cooked and cooled rice, omega 3 fats (EPA/DHA) as supplement or foods (eg fatty fish: salmon, sardine, mackerel, herring, anchovies) also promote growth of particular good bacteria.

Slowly add in fermented vegetables (eg sauerkraut/kimchi) a few times a week (~ 1 tablespoon).

The **Paleo Fibre** contains prebiotics so this is good to take at same time as your **ProbioMed**.

2. See this for examples of 'hidden gluten':

<https://coeliac.org.au/wp-content/uploads/file-asset/CAGlutenFreeDietA52023Web.pdf>

3. Please send through a 'product enquiry' on [vital.ly](https://vital.ly) if you need more of any products.

4. Look to repeat GI-Map early 2025. I will arrange the test order from my end in early Jan 2025.

5. Can you please send through (or upload) the results you were mentioning from GP regarding coeliac tests.

6. Look to book an Extended Follow-Up (45min) appointment in ~4 weeks time after you send off next stool sample.

Please let me know if you have any questions.