

Hi Lisa,

Thank you for your time earlier.

As discussed, it would be ideal if you could capture the following details, ideally for a period of 7 days, to assist with development of your treatment plan:

- Diet diary
- Stool diary
- Sleep diary (optional)

If you prefer to use an app to record your data, *Cronometer* is the app I find most useful and I have attached some instructions on how to set this up.

If you prefer to use a paper-based diary, I have attached both a STOOL diary and a FOOD diary. Simply print the document and fill in the details each day, and on completion you can share a copy with me by scanning or taking a photo of the completed form and emailing this to me at gutmechanic@outlook.com before your next appointment.

Don't worry if you miss a day, or forget to include a food item, the purpose of this activity is to identify any patterns or symptom triggers.

Interim Recommendations

To assist with sleep quality, consider swapping your evening cup of tea or green tea for a herbal tea containing any of the following ingredients: peppermint, spearmint, lemon balm, chamomile, lavender.

I love T2 Sleep Tight, Pukka Night Time Tea or Higher Living Restful Nights, all of which are available at Coles.

If you have any questions or concerns, please don't hesitate to reach out via gutmechanic@outlook.com

I look forward to reviewing the results of this task with you soon!

Yours in health,

Rebecca

Rebecca Drummond
Gut Mechanic
www.gutmechanic.com.au