

18 November 2024

Client: Lisa Barnett

DOB: 20/1/1984

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:

- Food 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](mailto: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](mailto:gutmechanic@outlook.com)

I look forward to meeting with you again soon.

Yours in health,

*Rebecca*

Rebecca Drummond

Gut Mechanic

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