

TREATMENT PLAN

For: Heather Witts

Date: 31/01/25

Summary of consult

1. BLOOD TEST REVIEW (Dec 2024):

- LOW **Ferritin - 21** (optimal 50-70)
- LOW **Vitamin D - 58** (optimal 120-150)
- HIGH **AST - 57** (optimal 10-25) *Aspartate aminotransferase*
- LOW **ALP - 43** (optimal 70-100) *Alkaline Phosphatase*
- LOW **Vitamin B12 - 187** (optimal 600-1000)
- LOW **Active B12 - 66** (optimal 100+)
- HIGH **Fasting Blood Glucose - 5.7** (optimal 4-5)
- SUBOPTIMAL **Fasting Insulin 8** (optimal 3-5)

Treatment:

To begin specific supplementation to increase Vitamin D, Vitamin B12 and Ferritin levels.
Support blood sugar regulation and liver health (for both digestive & detoxification function).

2. GUT PROTOCOL

The Gut Protocol is a staged approach and addresses different areas of 'the gut'. These include:

- The **digestive capacity**: stomach acid production, pancreatic/digestive enzyme production, bile production and flow (from liver & gallbladder)
- The **physical health of the gut**: integrity/leakiness of the gut wall, immune function, inflammation
- The **microbiome**: eliminating/reducing pathogens/overgrowths, supporting commensal bacteria populations

The Gut Protocol Stages:

Stage 1 - Heal, Seal & Soothe (6 weeks) *Note: This Treatment Plan include Stage 1 details only.*

Stage 2 - Weed & Seed (6 weeks)

Stage 3 - Feed & Maintain (6 weeks)

PRESCRIPTIONS - For nutritional repletion, blood sugar and liver health

You should receive an email from Rener Health (Perth-based) to access your prescription. Simply order your products online and they're posted to you.

I have separated the prescriptions here, so you can see the Gut Protocol products separately. However you can take all your products concurrently. Please get in touch if you have any questions about your Treatment Plan or products.

Product	Why I've prescribed it	Dosage instructions	How long to take it
Rapid D	An active form of Vitamin D, raises levels up to 3x quicker than standard vitamin D.	Take 1 tablet daily with any meal for 4 weeks. After 4 weeks, reduce to taking 1 tablet, 2 x week (e.g Tues & Thurs)	Until next blood test.
Opti D3 & K2	Support D3 and K2 levels as these work together in body.	Take 1 x day, before bed (take with your Magnesium)	Until next blood test.
Opti B12	Highly absorbable Vit B12.	Hold and dissolve 1 tablet under tongue daily, take before or in between meals.	Until next blood test.
Berb-Evail	Support healthy blood glucose levels and liver function.	Take 2 caps, 2 x day with meals.	Until next blood test.
Bio-Heme	Highly absorbed iron supplement.	Take 2 caps with lunch, every 2nd day. Separate from tea, coffee dairy products by 2-3hrs.	Until next blood test.

PRESCRIPTIONS - For Gut Protocol - Stage 1

STAGE 1 - HEAL, SEAL & SOOTHE

6 weeks duration

Seal leaky gut, soothe gut inflammation, support digestion, modulate overactive gut immunity

PRODUCT	DOSAGE
GI-Revive - soothes gut inflammation	1 heaped scoop 2 x day in water with meals (morn/evening)
IgGI Shield - modulates gut immunity	1 heaped scoop, 1 x day in water with meals (morn/evening), can add/mix with GI-Revive
FloraMyces - supports digestive function	1 capsule, 2 x day (morn/evening)
ZymeGest - digestion enzyme/HCL support	Take 2 caps, 3 x day (20 - 30min prior to meals)
LV-GB Complex - liver/digestive support	Take 1 cap, 2 x day with/after meals - for first 3 weeks Take 2 caps, 2 x day with/after meals - for last 3 weeks

Other recommendations

- Up your **Magnesium** to 3 capsules after dinner/before bed. Mag and Vitamin D work together in body.
- Check out **D-minder** app. Gives recommended time for your location, skin type and current UV index to support safe, natural vitamin D production via sunshine!
- Check out a **Continuous Glucose Monitor (CGM)** 2 week, \$15 trial from [Freestyle Libre](#). To progress through website form to purchase the trial, select 'Type 2 Diabetes, non-insulin dependent'. This will give you a lot of insight into how foods/activity/stress/sleep is affecting your blood sugar levels.
- Record a **Food Diary** for 3-4 typical days and email through. Use generalised amounts eg. 3 eggs, palm size chicken breast piece etc
- **Eliminate gluten 100%**. A good GF pasta brand is GRANORO, as it doesn't fall apart too much. It's often found at IGA stores only. GI-PRECINCT is another good brand for breads, wraps, pizza bases. Often found at 'whole food stores', ie. not supermarkets. Also Google 'hidden gluten' to find lists of where else you may be consuming gluten unknowingly.