

## TREATMENT PLAN

**For:** Alana Dascanio

**Date:** 12/02/25

### Summary of GI Map

1. **Low commensal (good) species:** *Bacteroides fragilis*, *Escherichia*, *Lactobacillus*, *Enterobacter*, *Akkermansia*, *Faecalibacterium*, *Roseburia* spp
2. **Opportunistic bacteria overgrowths:** Low-moderate presence of *Bacillus* spp, *Enterococcus faecium*, *Enterobacter* spp, *Entamoeba coli*
3. **Poor detoxification:** high beta-Glucuronidase
4. **Decreased immune activity:** low Secretory IgA
5. **Increased intestinal permeability:** very high Zonulin

### Treatment:

To begin your Gut Protocol (Stage 1) and support liver detoxification.

Your Gut Protocol is a staged approach and addresses different areas of 'the gut' that have been highlighted through your GI Map results. For you, these include:

- The **physical health of the gut:** integrity/leakiness of the gut wall
- The **immune activity of the gut:** lowered
- The **microbiome:** supporting commensal bacteria populations, and reducing opportunistic overgrowths/parasite

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 Gut Protocol - Stage 1

### STAGE 1 - HEAL, SEAL & SOOTHE

#### 6 weeks duration

*Seal leaky gut, soothe gut inflammation, support gut immunity*

PRODUCT	DOSAGE
<b>GI-REVIVE</b> - seals 'leaky gut', soothes inflammation	1 heaped scoop, 2 x day in water with meals (AM/PM). You may add 1 tablespoon of <b>Pomegranate juice</b> into this. May also take with MagDuo.
<b>FLORAMYCES</b> - supports gut immunity (S-IgA)	1 capsule, 2 x day (AM/PM)
<b>PROBIOMED 50</b> - high dose and diverse probiotics	1 capsule, 2 x day (AM/PM) <i>*Keep in fridge*</i>
<b>LV-GB COMPLEX</b> - supports health and function of the liver (eg. detoxification + digestive processes) and the gallbladder	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  <i>Can take this AM/PM like the others</i>
<b>CLINICAL LIPIDS 2:1</b> - EPA/DHA combination to support healthy gut bacteria populations and support gut wall healing. You may start on this after you've finished your DHA-only supp.	Take 1 capsule, 2 x day with meals. <i>*Keep in fridge*</i>

## Others recommendations

- **Remove gluten from diet**

Due to the links with thyroid autoimmunity (through 'molecular mimicry'), especially now leaky gut has been reported. 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', eg. Peaches (Sth Freo). Also Google 'hidden gluten' to find lists of where else you may consume gluten unknowingly

- **Include prebiotic foods into your diet**

Prebiotics are a type of non-digestible carbohydrate found in some plant-based foods. When eaten,

they remain mostly undigested as they travel through the GI tract until they reach the large intestine, where they provide **food for the beneficial bacteria** living there. These bacteria break down, or ferment, the prebiotic foods, and as a result produce a range of beneficial compounds that are beneficial for us. These compounds also assist in restoring the balance of the bacteria in our gut and improve the absorption of nutrients.

Prebiotic food sources include:

**1. Polyphenols** - found in pomegranate (fruit or juice) and green tea (choose organic, drink 1-2 cups daily). **Pomegranate juice** (mentioned above) - Choose *Sunraysia* brand at Woolworths.

**2. Prebiotic dietary fibres:** onion, garlic, artichokes, asparagus, banana, shallots, leek, savoy cabbage. Fruits include bananas (more unripe than ripe), apples (especially with the skin), persimmon, tamarillo, watermelon, nectarines, and white peaches. Prebiotic legumes include chickpeas, red kidney beans, lentils, nuts and seeds.

*No need to eat all of these everyday, just be aware to include some from the ranges (veg/fruit/legumes) across your regular dietary intake. When adding prebiotic fibres, start slowly as may cause gas/bloating. Look to increase over time.*

In Stage 2, I will bring in a 'prebiotic fibre powder' and 'polyphenol-rich powder' but for now begin with some dietary sources, increasing your intake over time.

I've created your new prescription at **Renier Health** (Perth-based) due to the probiotic being somewhat temperature sensitive, so look out for an email from them. The process is similar to that of Vital.ly; create your account to access your prescription. Postage is pretty quick also. If you need any of your other products (that you previously got from **vital.ly**) you can send a request these from me through Renier to add to your order.

It's fine to add these new products into your daily protocol (with other supps).

Next time

We'll catch up again once all your blood test results are back in, I will email you.

Please get in touch if you have any questions about your Treatment Plan or products.