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TREATMENT PLAN FOR : Imogen Taylor

Date: 28/2/25

Health Goals	<ol style="list-style-type: none">1. Reduce GIT inflammation and commence GIT healing through GIT powder supplement, elimination diet.2. Identify trigger/inflammatory foods by commencing elimination diet3. Investigate thyroid health by having a blood test and supporting thyroid health by commencing methylated B vitamins.4. Support gut-brain axis and anxiety feelings by supplementing with gently sedating, anti-anxiety, spasm and tension reducing herbs.
Diet	<p>- Elimination Diet: For 2 weeks eliminate all grains, most carbohydrates, sugars and fibrous foods. Follow these guidelines but if something you are having you think is irritating – stop taking it immediately. .</p> <p>*Diet Diary Write down each day what you eat, how much and any symptoms (anxiety, cramp, bloat, reflux, diarrhoea, brain fog etc) that it triggers.</p> <p>FODMAP-Friendly Diet Plan For Vegan/Pescatarian with Lactose & Gluten Intolerance</p> <p>Key Dietary Guidelines</p> <ul style="list-style-type: none">• Protein Sources: Fish, eggs, selected tofu. HEMP PROTEIN• Fats: Plant oils, nuts/seeds (in moderation)• Carbs: Minimal, from low-FODMAP vegetables only• Avoids: All dairy, gluten, grains, high-sugar foods, high-FODMAP foods <p>Protein Sources (Emphasis)</p>

- **Fish:** Salmon, tuna, mackerel, sardines, cod, trout (2-3 servings daily)
- **Eggs:** Whole eggs (up to 2-3 daily)
- **Tofu:** Firm tofu only (small amounts, ensure no high-FODMAP additives)
- **Nuts/Seeds:** (In limited quantities due to FODMAP content)
 - Macadamia nuts (up to 20 nuts)
 - **Chia Seeds/Chia Pud**
 - Walnuts (up to 10 halves)
 - Pumpkin seeds (up to 2 tablespoons)
 - Brazil nuts (up to 10 nuts)

Healthy Fats (Emphasis)

- **Oils:** Extra virgin olive oil, avocado oil, coconut oil
- **Avocado:** ¼ medium avocado per serving (FODMAP limit)
- **Olives:** Green or black olives

Low-FODMAP Vegetables (Limited Portions)

- **Leafy Greens:** Spinach, kale, arugula, lettuce
- **Other Vegetables:**
 - Cucumber
 - Bell peppers
 - Carrots (limit to ½ cup)
 - Zucchini
 - Eggplant
 - Tomatoes (limit to 1 medium)
 - Bok choy
 - Bean sprouts

Fruits (Very Limited)

- **Low-FODMAP Options** (small portions only):
 - Strawberries (limit to 8)
 - Blueberries (limit to ¼ cup)

Condiments & Seasonings

- Fresh herbs: Basil, coriander, parsley, rosemary, thyme
- Spices: Turmeric, cumin, paprika, cinnamon (check for additives)
- Apple cider vinegar (1 tbsp)
- Lemon/lime juice
- Sea salt, black pepper
- Mustard (check ingredients)

Sample Meal Plan

Breakfast Options

- Scrambled eggs with spinach and bell peppers
- Smoked salmon with cucumber
- Chia pudding made with coconut milk (small portion)

Lunch Options

- Grilled fish with low-FODMAP vegetables
- Big salad with leafy greens, olives, cucumber, topped with eggs
- Tuna salad in lettuce wraps

Dinner Options

- Baked salmon with roasted zucchini and eggplant

	<ul style="list-style-type: none"> • Cod with sautéed spinach and herb oil • Tofu and vegetable stir-fry with ginger and tamari (wheat-free soy sauce) <p>Snacks</p> <ul style="list-style-type: none"> • Hard-boiled eggs • Handful of macadamia nuts • Cucumber slices with olive oil and salt • Small portion of olives <p>Important Notes</p> <ol style="list-style-type: none"> 1. Portion Control: FODMAP sensitivity is often dose-dependent; keep portions of even low-FODMAP foods appropriate 2. Hydration: Drink plenty of water, herbal teas (check ingredients) 3. Meal Timing: Regular meal timing helps with digestion 4. Individual Tolerance: Track responses to foods and adjust accordingly <p>Foods to Strictly Avoid</p> <ul style="list-style-type: none"> • All grains (including rice, quinoa, oats) • Legumes (beans, lentils, chickpeas) • Dairy products • Wheat and gluten • High-FODMAP vegetables (garlic, onion, cauliflower, mushrooms) • High-FODMAP fruits (apples, pears, watermelon, mango) • Sweeteners and added sugars • Processed foods
Lifestyle	<ul style="list-style-type: none"> - Remain hydrated - Begin gut healing protocol (Elim diet with low FODMAPS, gut powder, B vitamins, NervCalm) - Meal prep - Find time to eat/snack regularly. This is to help you digestion but also remind yourself that eating can be safe and is nourishing.
Barriers	<ul style="list-style-type: none"> - Time is the biggest factor in healing the gut - Surprise trigger foods
Referral/Investigations	<ul style="list-style-type: none"> - Thyroid blood test. - Consider microbiome map if we can't get good results over the next 1-2 months. Cost is approx. \$426 This is a sample report:

	https://nutripath.com.au/wp-content/uploads/2023/10/2211-Advanced-Microbiome-Mapping-Sep2024.pdf
Prescription	<ul style="list-style-type: none"> - Iron. 1 tab every 2nd day - Clinical gut relief. 1 scoop once per day in water. - NervaCalm. 1 tablet three times per day - Methyl1C BioEnhanced. 1 capsule per day
Recipes:	-
Other	<p>Return in 3-4 weeks after you've completed 2 weeks of elimination diet with gut relief powder.</p> <p>*You likely have dysbiosis, leaky gut, possibly "leaky brain", small intestinal bacterial overgrowth.</p>

NOTE: Lifestyle and dietary recommendations have been provided to support your health goals. If you experience any adverse reactions or discomfort, discontinue the recommendations immediately. We will discuss modifying them during your next appointment. If you have any serious concerns, please contact me for guidance.

Herbal medicines have been prescribed as part of your treatment plan. Like any medication, discontinue their use if you experience rashes, diarrhea, digestive issues, allergic symptoms, or any other adverse reactions that you suspect may be related to the herbs. Please notify me immediately if you experience any such reactions.

Nutritional supplements have been prescribed to address your health condition. If you experience any signs or symptoms that you believe may be associated with these supplements, discontinue them immediately and contact me. Your health and safety are of utmost importance.