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TREATMENT PLAN FOR: Stephanie Creber Date: 28/2/25

Health Goals	 Commence elimination diet for 2 weeks. This will helps eliminate trigger foods, starve out pathogenic (bad) bacteria, allow your GIT to reduce in inflammation and rest, and allow it to begin healing itself. Diet Diary. Write down everything you eat and any symptoms that occur for 1-2 weeks of the elimination diet (bowel movements, cramps, pains, brain fog etc). This will help us understand anything else that can trigger your gut, affect bowel movements, cause issues etc. "Time of the day – Foods, size of portions – Symptom". Calm the nervous system. This will help any nervous system induced GIT symptoms (spasm, pain), reduce any hypersensitivity to normal digestive sensations, lower inflammation, promote parasympathetic ("rest and digest") nervous system activity in the gut.
Diet	 Elimination Diet: Low-Carbohydrate Elimination Diet for Gut Healing For SIBO, Dysbiosis, and Leaky Gut Introduction This elimination diet is designed to reduce bacterial fermentation in the small intestine, decrease inflammation, and allow your gut lining to heal. By removing fermentable carbohydrates, fiber, and sugars, we can effectively "starve" the problematic bacteria while providing your body with essential nutrients for repair. Phase 1: Strict Elimination (3-4 weeks) FOODS TO INCLUDE: Animal Proteins: Grass-fed beef, lamb, and bison

Pasture-raised eggs (if tolerated)

Organ meats (liver, heart, kidney) for nutrient density

Healthy Fats:

Extra virgin olive oil (low heat only)

Coconut oil

Grass-fed ghee (clarified butter)

Duck fat, beef tallow, or lard from pasture-raised animals

Avocado oil

Bone marrow

- Limited Vegetables (small amounts only):

Cooked spinach (2-3 tablespoons per serving)

Cooked zucchini (peeled, seeds removed, 2-3 tablespoons)

Lettuce (iceberg or romaine, 1 cup raw)

Cucumber (peeled, seeds removed, 2-3 slices)

- Seasonings:

Sea salt

Black pepper

Fresh herbs (parsley, basil, rosemary, thyme)

Lemon/lime juice (small amounts)

Ginger (small amounts)

Turmeric (small amounts)

Beverages:

Filtered water

Bone broth

Meat stock

Herbal tea

- FOODS TO AVOID:

All Grains and Pseudo-grains:

Wheat, rice, oats, corn, quinoa, amaranth, buckwheat All flours and grain products

Legumes:

All beans, lentils, peas, chickpeas, soy

Dairy:

All dairy products (except ghee if tolerated)

Starchy Vegetables:

Potatoes, sweet potatoes, carrots, beets, parsnips, turnips

Fibrous Vegetables:

Broccoli, cauliflower, cabbage, Brussels sprouts, kale

Onions, garlic, leeks, asparagus, artichokes

Mushrooms

Fruits:

All fruits including berries

Sugars and Sweeteners:

All forms of sugar (white, brown, coconut, etc.)

Honey, maple syrup, agave

Artificial sweeteners

Sugar alcohols (xylitol, erythritol, etc.)

Nuts and Seeds:

All nuts and seeds including nut/seed flours and butters

Processed Foods:

All packaged and processed foods

- Beverages:

Coffee

Alcohol

Fruit juices

Carbonated beverages

Kombucha and fermented drinks

Sample Meal Plan

- Breakfast:

Grass-fed ground beef patties with sea salt and herbs 2-3 pasture-raised eggs (if tolerated) cooked in ghee or coconut oil

- Lunch:

Salmon fillet with lemon, olive oil, and dill Small side of peeled, cooked zucchini with sea salt and olive oil

- Dinner:

Slow-cooked lamb with herbs and bone broth Small side of cooked spinach with ghee

- Snacks (if needed):

Bone broth with added fat Small amounts of cold leftover protein

Phase 2: Reintroduction (Likely after 3-4 weeks- we will discuss)

- Once symptoms have significantly improved, foods can be reintroduced one at a time, every 3-4 days, in small amounts.
 Monitor for reactions for 72 hours before introducing another food.
- Suggested reintroduction order:
- More low-FODMAP vegetables in slightly larger quantities
- Low-sugar berries (blueberries, strawberries)
- Nuts and seeds (one type at a time)
- Additional vegetables
- Small amounts of resistant starch (cooled white rice, green plantains)

- Important Guidelines

Hydration: Drink plenty of filtered water throughout the day. **Meal Spacing:** Allow 4-5 hours between meals with no snacking when possible to promote migrating motor complex function.

- **Food Quality:** Prioritize the highest quality, organic, pasture-raised, and wild-caught options when possible.
- Meal Size: Eat moderate portions to avoid overwhelming digestive capacity.
- Bone Broth: Consume bone broth if you enjoy it for guthealing nutrients.

^{*}I understand this diet is relatively extreme. Just do your best



Lifestyle	- Begin gut healing protocol/elimination diet
	- Meal prep if required
	 Think about your current work and how that impacts you, if it's a good option long term.
	 Consider emotional/spiritual healing practices. I highly recommend Kristie Ives at HeartSpace Therapy in Lesmurdie. https://www.heartspacetherapy.com.au/
Barriers	 Time is the biggest factor in healing the gut Surprise trigger foods
Referral/Investigations	 Monitor symptoms of mucous in stool. Consider re-testing calprotectin is symptoms don't improve.
	 Consider microbiome map if we can't get good results over the next 1-2 months. This will give us a more targeted approach and allow us to see if there are any pathogenic/disease causing bacteria in there. 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	- Clinical gut relief. 1 scoop once per day in water.
	 NervaCalm. 1 tablet three times per day, up to 10 tabs per day if required. Calm your nervous system, reduce anxiety, reduce nervous system driven GIT discomfort.
	 Methyl B vitamins 1 per day. Will help healthy production of HCL (stomach acid to break down foods) and nervous system functioning.
	 Omega 3's. 3 capsules per day. Important for the maintenance of the intestinal barrier (gut lining) and reduction of oxidative stress. Maintains endothelial cell integrity & reduces cytokine induced damage
	- Try the tea I gave you, it should help detoxify the liver which would be affected by all the inflammation from the gut.
Recipes:	-

Other

Return in 3-4 weeks after you've completed 2 weeks of elimination diet with gut relief powder.

-You likely have dysbiosis (imbalance of good and bad bacteria), leaky gut, small intestinal bacterial overgrowth.

-Here's some interesting information on how Agrimony (in the tea) works upon the emotional body:

Agrimony is a superlative remedy for tension. This indication, originated by Dr. Edward Bach, holds true on both the mental and physical levels, for both the flower essence and the herbal preparation. It is for the person who tries to hide his or her tension behind a false facade of suave sophistication or cheerfulness. He denies the pain with a smile. The phrase 'torturedly cheerful' is expressive of the appearance. In other instances, agrimony people like speed and danger to escape from their pain (Bach). Such activities push the agrimony person into an excess sympathetic condition which masks the deeper pain and gets them stuck there. Bach also says there can be abuse of drugs, alcohol, and stimulants to escape the pain. The problem often revolves around business and hierarchical relations (employee/employer). The person feels 'caught in a bind..... As an astringent, agrimony has been used for all sorts of digestive problems, but it is suited to those where tension and relaxation combine to cause incorrect timing of functions. This element of the picture is developed by Dorothy Hall (1987, 78). It is suited to diarrhea, as are all astringents, but especially to cases where there are loose, floating stools with fats in them due to irregular or deficient discharges of bile and poor digestion of fats and oils. Acting further back up into the hepatic apparatus, it is good for hepatitis and cirrhosis from chronic alcoholism or food poisoning, with faulty fat metabolism, and irregular expulsion of bile. There may be ulceration of the bowels, blood in the stool and bloody hemorrhoids.

Extra Info:

Understanding Your Gut Health: SIBO, Leaky Gut, and Dysbiosis How Your Gut Normally Works

Your digestive system is more than just a food processing tube. It's a complex ecosystem with several key functions:

- **Digestion and absorption** of nutrients
- Barrier function to keep harmful substances out of your bloodstream
- Immune regulation to protect against pathogens
- Microbial balance of beneficial bacteria that support these functions

What's Happening in Your Body

Based on your symptoms, you're experiencing three interconnected gut issues:

1. SIBO (Small Intestinal Bacterial Overgrowth)

What it is: Normally, your small intestine contains relatively few bacteria compared to your large intestine. SIBO occurs when bacteria

that should stay in your large intestine migrate upward and overgrow in your small intestine.

How it affects you:

- These misplaced bacteria ferment carbohydrates too early in the digestive process
- This creates excessive gas, bloating, and irregular bowel movements
- The bacteria interfere with proper nutrient absorption
- They produce toxins that irritate your intestinal lining

2. Leaky Gut (Intestinal Permeability)

What it is: Your intestinal lining should be selectively permeable—allowing digested nutrients through while keeping out toxins, undigested food particles, and microbes. When the tight junctions between cells in your intestinal wall become damaged, your gut becomes too permeable.

How it affects you:

- Substances that should stay in the gut now pass into your bloodstream
- Your immune system recognizes these as foreign invaders and attacks
- This triggers inflammation throughout your body
- Over time, this can lead to food sensitivities and autoimmune reactions

3. Dysbiosis (Microbial Imbalance)

What it is: Your gut naturally contains trillions of microorganisms—bacteria, fungi, and other microbes. In a healthy gut, beneficial species outnumber harmful ones. Dysbiosis occurs when this balance is disrupted.

How it affects you:

- Reduction in beneficial bacteria that protect your gut lining
- Increase in inflammatory microbes that damage gut tissue
- Altered gut environment that perpetuates the imbalance
- Compromised ability to break down food properly

The Cascade Effect

These three conditions don't exist in isolation—they create a vicious cycle:

- 1. SIBO irritates your gut lining and produces toxins
- 2. This damages your intestinal barrier, leading to leaky gut
- 3. Leaky gut allows bacterial toxins into your bloodstream, causing **systemic inflammation**
- 4. Inflammation further disrupts your gut's bacterial balance, worsening **dysbiosis**
- Dysbiosis prevents proper healing of your gut lining, perpetuating leaky gut

Beyond Your Gut: Systemic Effects

This gut dysfunction can cascade into issues throughout your body:

Hiatus Hernia Connection

Your **hiatus hernia** (where part of your stomach pushes up through your diaphragm) may be connected to this gut dysfunction:

 Chronic inflammation can weaken the diaphragm muscle and surrounding tissues

- Digestive issues often lead to increased abdominal pressure
- Gas build-up from SIBO can put pressure on your stomach
- The body's attempts to clear gas (belching) can stress the gastroesophageal junction

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.