



TREATMENT PLAN

CLIENT: Elissa Zarzour

DATE: 19/5/25

Practitioner: Leigh Gibbs

It is important to assess your GIT health/function and possible microbial imbalances/pathogens, as the gut plays a large role in neuro-inflammation and associated inflammatory conditions.

Certain nutrient deficiencies also contribute to the pathology of OCD/anxiety.

Whilst we carry out a couple of tests, please try to make some dietary adjustments as follows. Just do your best :)

TREATMENT AIMS:

Initial Appt:

1. Increase nutrient intake - diet
2. Testing - bloodwork & comprehensive stool test

Follow Up Appts

3. Assessment of pathology / stool test and treat accordingly.

Dietary /Lifestyle Requirements:

- TEA - as discussed, please enjoy your tea at least half an hour after food. The tannins in tea block absorption of nutrients.
- BREAKFAST - food is needed to nourish our bodies and fuel our metabolism. Breakfast is important as it kick starts our metabolism, provides vital nutrients, helps regulate blood sugar and hormones. Please try to enjoy a variety. Suggestions;
 - Smoothies with any fruit, full fat yoghurt, maybe some Coconut MCT oil as a good healthy fat option - you may also add a little of your Flaxseed oil to this. Pea protein powder for added protein - I like the Tropeaka brand. Add milk of your choice. Sweeten with honey or maple syrup if needed. You can also maybe add some slippery elm powder to assist with gut health and healing of the haemorrhoids.
 - Overnight oats with full fat yoghurt, berries/ goji / cranberries. Oat pancakes are easy to make also. Plenty of recipes online.



- Chia puddings, if you aren't allergic! Can be pre made and stored in the fridge for up to 3 days. Add toppings of your choice. Great source of healthy fats. Lots of recipes online.
- Eggs - any way you like to cook them, with a side of avocado, rocket/spinach w olive oil, or sautéed tomatoes, asparagus, mushrooms, zucchini. Add herbs, salt & pepper if you wish.
- PROTEIN - please include at least a fist full amount of good quality protein at each meal, each day.. protein is the building blocks of our body and essential for hormone and neurotransmitter synthesis.
- FIBRE - wherever possible, please try to increase your intake of good quality fibre. I.e colourful fruits & vegetables. Fibre feeds the good bacteria in our digestive system, binds to excess toxins for excretion and is anti inflammatory. Try to EAT A RAINBOW :) Please aim for the following per day:
 - 3 x pieces of fruit.
 - 1 cup of salad & 2 servings of vegetables. (1 serve is 1/2 cup cooked veg)
- WATER - increase water intake to at least 1.5L or 6 glasses per day minimum. More if you are exercising. In your water bottle, you may add a squeeze of lemon and a pinch of Celtic sea salt (rich in minerals) to assist with cellular hydration. This of course optional.
- VITAMIN D - is essential for healthy immune function and neurological health. Low Vitamin D levels are implicated in OCD. Please aim for at least 15 minutes in the sun without sunscreen (please make sure face is covered) in the safer hours of the day. I.e 9-11am or 2-3:30pm.
- MOUTH BREATHING - when we mouth breathe, we lesson the amount of oxygen available to tissues and can increase the stress response. Nose breathing promotes relaxation. Practice deep breathing in through the nose and out through the mouth. Especially during acute stages of stress. Box breathing is great to settle the nervous system. Here is a you tube reference;



Breathe in



SUPPLEMENTS

Please continue with your current supplements, until we get your pathology results and stool test back.

Referrals and Testing: CoBiome GI Plus Stool test / Blood pathology.

Please visit your GP and have the following bloodwork done. Blood should be drawn fasting - ie first thing in the morning before food.

CBC,

E/LFT,

Cholesterol/Lipids

Iron Studies

Vit D,

FULL Thyroid (TSH, T4, T3, auto-antibodies - you have a history of familial graves disease - this warrants a full thyroid investigation)

Fasting Glucose, HBA1c

CRP

Red cell copper & zinc

B12 & Folate

Coeliac serology

Urinary Iodine test - can be done through GP too, but might be at an extra cost.

Next Appointment: TBC - when testing is complete and results are returned.

