



Treatment Plan- Liam Urquhart
23/05/2025

The following recommendations aim to address the main focus of our consultation which was to address your ongoing gut issues with the initial aim of reducing pain, inflammation and improving overall gastrointestinal health.

Recommendations- initial phase to reduce inflammation and stomach discomfort

- Incorporate 1 Tbsp. of organic Aloe Vera juice (liquid gel from *Aloe barbadensis*) into your daily routine (short term).

Aloe Vera is a demulcent which helps to heal and soothe the gut lining and reduce inflammation.

- Incorporate fresh Ginger into your diet. Ginger stimulates digestion, promotes gastric secretion and is anti-inflammatory (among many other properties). You may like to bruise a number of pieces and add hot water. Allow too steep for approximately 20mins.
- Improve stomach function and stomach acid production as a first step in addressing *H.pylori* (as indicated in previous lab test results):
 - Sit down to eat, eat slowly and chew food well
 - Avoid overeating
 - Drink fluids between meals rather than with meals
 - Ensure consumption of adequate protein
 - Incorporate antibacterial herbs into your diet such as garlic, thyme and turmeric (also anti-inflammatory)

- Consider requesting a blood test through a GP. Tests suggested- FBC, electrolyte panel, plasma zinc, lipid profile, LFT, kidney function, fasting glucose, vitamin D, vitamin B12, folate.

At this appointment, you may also like to complete a DASS in order to get another psychologist referral.

Dr Zameer Panj at Shoalhaven Heads Surgery would be my recommendation of GP however, unfortunately his books are now closed to new patients. Dr Mamdooh Mohammed is also great and works with Dr Panju. Shoalhaven Heads Surgery- Ph: 4448 7105. I believe Kiama Downs Medical Practice is another good option.

- Consider limiting histamine containing/releasing foods to see if symptoms improve (see attachment).
- Continue stress management practices and create a toolbox (either mentally or write it down) of ways in which to reduce or better cope with stress when needed. Consider activities or practices that our grounding and bring joy and calm to the mind (e.g. going for a surf, breathing exercises, yoga, meditation, reading).

Future Recommendations- to reduce Candida and H. pylori, determine/eliminate possible underlying issues and improve gastrointestinal health

- Try to determine dietary factors that could be contributing to inflammation and gut pain (consider food eliminations and symptom tracker). Consider low FODMAPs for a period.
- Consider herbal tincture to reduce inflammation, improve immune function, soothe and heal gut lining, support digestion and nervous system (also incorporate a Bach flower remedy such as Star of Bethlehem to support mental/emotional health).
- Consider current effectiveness of digestive enzymes and improve if needed.
- Explore other stress management techniques (e.g. breathwork, meditation along with other modalities such as Reiki or Kinesiology) as well as vagus nerve support.
- Ensure adequate zinc levels (as per blood test results) and supplement or increase natural sources dependant on results.
- Be mindful of stress management and combating fatigue. Create a toolbox (either mentally or write it down) of ways in which to reduce or better cope with stress when needed (e.g. going for a surf, gym, simple breathing exercises)

Follow up Appointment

At this time we will review your current treatment plan and consider the following:

- Discuss results of blood test and address any deficiencies or other findings.
- Address some of the future recommendations above.
- Review and further refine nutritional intake to ensure adequate fibre, balanced macronutrients and vitamins/minerals including adequate intake of essential fatty acids.