

Follow-up Consult - TREATMENT PLAN

For: Tash Bird

Date: 06/06/25

Summary of consult:

- Discussed digestive and bowel response to, and completion of **Gut Protocol - Stage 1**
Great compliance overall, some tips for taking Zymegest (leaving the next 2 caps on lid)
- Some promising shifts with premenstrual mood, and menstrual loss.
- Move onto Gut Protocol - Stage 2 - "Weed & Seed". This is the most intensive stage and involves a rotation of 3 days 'weeding', then 4 days 'seeding'. See separate prescription tables for these.
I suggest printing these out and placing on your fridge to keep you on track!

I'd like to use FloraMyces 2 x day, as it works well as a parasite binder in this stage. Please try to keep an eye on your water/fluid intake (min 2L daily) to see if this helps offset any negative bowel affects from using this 2 x day. The Paleo Fibre in the 'seed' portion of this phase also needs optimal/adequate fluids daily (water, herbal teas etc) to work for you - and not against you. Green tea is a good prebiotic - if you like the taste, otherwise consider peppermint, rosehip or any other 'real' (not flavoured) herb tea blends.

- Continue with all your prior supps in your last Treatment Plan (i.e MetaRelax, P-Balance, NAC, Selenium drops, Myo-inositol, Iron Biotic) - *except finish off your bottle of **Curcum-Evail**.*
- **Next bloods:** Aim to have following requested

Full thyroid panel (TSH, T4, T3, Thyroid antibodies), Vitamin D, Vitamin B12, Folate
Full Blood Count, Iron Studies

Don't have the blood test done - please send though photo of your path request form and I can double check and/or offer to request any privately for you first.

- Next consult: 30min Follow-Up Consultation.

Book this after 8 weeks of this Weed & Seed Stage, and after you've had follow-up bloods done.
If you have any questions or concerns during this stage of Gut Protocol, please email me.