



## TREATMENT PLAN

**CLIENT: Janine Dungate**

**DATE: 8/8/25**

**Practitioner: Leigh Gibbs**

### TREATMENT AIMS:

#### Initial Appt:

1. Support digestion.
2. Reduce reflux
3. Reduce bloating and discomfort.

#### Follow Up Appt

4. Assess progress, blood work and adjust as necessary.

### Dietary /Lifestyle Requirements:

- I have attached the SIBO low histamine, Bi-phasic diet PDF. Just for your information, as you have quite a high histamine profile.
- Continue to eat the foods you don't react to, but where possible, please increase your protein and vegetable intake as per the recommendations on the PDF. This diet would usually be adhered to quite strictly and used alongside herbal anti-microbials, but as we are using the Enduracell Sulforaphane product instead, we can be a little more relaxed with it. And as we progress, you should be able to tolerate more foods a little faster. Will monitor with follow up appointments.
- It is important though to increase the amount of plant food in your diet, where possible.

### SUPPLEMENTS:

Please STOP your Zinc, (the GI Revive I have prescribed contains zinc) Blackmore's B, Blackmore's Magnesium, Probiotics, Vitamin D and Vitamin C supplements.

You can continue taking your fish oil and calcium. When you are finished we'll switch to a better quality supplement.



The Enduracell supplement, is quite a potent antioxidant. If you experience any sort of detox symptoms - headaches, flu like symptoms - let me know and we'll half the dose and titrate up.

- **Enterozyme**- to support digestion.

DOSE: 1 cap with meals, 3 x day.

- **GI Revive** - reduce bloating and inflammation, soothe gastrointestinal tract.

DOSE: 1 heaped teaspoon in 250ml water, 2 x day.

- **BioActivated B** - to support histamine breakdown, nervous system and energy.

DOSE: 1 cap with breakfast

- **Biomedica Mag Duo** - to support nervous system, mood, muscular skeletal system and hormones.

DOSE: 2 caps - any time of day is fine.

- **Enduracell** - to reduce histamine, inflammation and oxidative stress. And repair the gut lining.

*DOSE: 1 capsule, 1 x day. If well tolerated after 4 days and there are no adverse symptoms, increase to 2 capsules, 1 x day.*

#### Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
<b>Enterozyme</b>	1 cap	1 cap	1 cap		X	
<b>GI Revive 1 scoop</b>	1 hp tsp		1 hp tsp			X
<b>BioActivated Bs</b>	1 cap				X	
<b>MagDuo</b>			2 caps	Any time of day		
<b>Enduracell</b>	1 cap					

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#### Referrals and Testing:

Bloodwork

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**Next Appointment:** Friday 29th August, 2pm TBC

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