

Client: Paul Matthews

Presenting Complaint/s: Brain fog/cognitive difficulties, fatigue, constipation/motility issues, post-prandial bloating, social anxiety, sore and stiff joints

Health Goals:

1. Normalise stool consistency and gastrointestinal motility, reduce bloating.
2. Reduce brain fog and fatigue, improve cognitive function.
3. Improve joint motility and reduce joint pain.

Dietary & Lifestyle Recommendations:

1. **Transit Time Evaluation.** *It is important to evaluate your gastrointestinal transit time prior to commencing any gut-related protocol. I have attached the instructions for the Transit Time Test using corn. It is important to avoid corn for 5 days prior to commencing the test, and again for 7 days after completion. Please read the instructions carefully, and if you have any questions please reach out.*
2. **Continue to track bowel movements using a diary or an app.** *To ensure that the results of the Transit Time Test are recorded accurately, please continue to record your bowel movements using Cronometer, or via the paper-based Stool Diary as provided previously. (Alternate apps that can be used specifically for recording stool details include PCal PoopTracker, Bowel Movement Tracker IBD, Plop and GoPoop).*
3. **Increase movement and physical activity levels.** *Physical activity has a myriad of health benefits, especially in relation to mental health and gut motility. You may wish to continue to use the videos of the older gentleman who has reversed Parkinson's disease as motivation, but it would be ideal to add in 30-40 minutes of 'movement' 3-4 times per week. Movement can be defined as walking, stretching, mowing the lawn, vacuuming or lifting weights – whatever gets you up and about and physically active!*

It would be great to incorporate some strength-based exercises, however it is important to build up slowly. If your budget allows, I recommend visiting your local leisure centre and meeting with a personal trainer to tailor a plan specifically to your needs. Some great free online resources include:

Body Project Challenge - low impact workouts that can be done at home:

<https://www.youtube.com/@BodyProjectchallenge/videos>

Fit Father Project – contains examples of some basic stretches that may help to alleviate joint stiffness: <https://www.youtube.com/watch?v=q0cDzL6n6hM> and

<https://www.youtube.com/watch?v=O0DYcDq3IB8>

Tone and Tighten – a higher intensity 20-minute workout, no equipment needed:

https://www.youtube.com/watch?v=7GkMHPe_OXw

Supplement Prescription/s:

In relation to the products you are currently taking (prescribed by your previous practitioner), I recommend the following:

1. **Cease current Molybdenum (400mcg/d) supplementation immediately.** *Molybdenum deficiency is uncommon. Dosages in excess of recommended daily intake (~45mcg/d) can impact copper absorption and promote copper excretion, therefore leading to possible copper deficiency. Excess molybdenum can also increase uric acid levels and cause gout-like joint pain. Natural sources of molybdenum are meat, organ meats (liver, kidneys), nuts, seeds, legumes, dairy and grains.*

If you have any questions or concerns relating to your treatment plan or prescriptions, please reach out via gutmechanic@outlook.com