



TREATMENT PLAN

CLIENT: Elissa Zarzour

DATE: 11/9/25

Practitioner: Leigh Gibbs

Hi Elissa,

So we are going to get your little gut sorted! The gut and brain are in constant communication with each other. Our microbes in the gut do a lot of hard work and influence brain function, immunity, nervous system, hormones and overall health and vitality. When there is inflammation in the gut, there is inflammation in the brain. Research has shown that people presenting with OCD, ADHD and anxiety disorders, have much lower microbial abundance and diversity and higher inflammation. Gut dysbiosis drives methylation problems also.

Prebiotic foods - which are plant foods - are the food for our beneficial bacteria. We need to greatly improve your intake of fruits and vegetables and healthy grains so the beneficial guys start to proliferate. The more variety the better. Try to have half your plate as vegetables.

Please do your best to incorporate some of the recommendations below. I have copied some across from the first treatment plan. So you have it all in one, here.

As we progress, we will need to change some supplements up and reduce some also. The idea is to eventually get to a place where you don't have to take any, or only limited supplements. :) Once the gut is healed, your symptoms should abate significantly.

Leigh :)

TREATMENT AIMS:

1. Reduce inflammation - diet/ supplements
2. Increase iron absorption - diet/supplements
3. Increase Vit D levels - supplements/lifestyle
4. Support GIT microbial diversity - diet
5. Support nervous system and reduce anxiety - supplements

FOLLOW UP APPT:

6. Assess progress and adjust as necessary.



Dietary /Lifestyle Requirements:

- **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, chia seeds, 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. Add milk of your choice.
 - Overnight oats with added chia seeds, full fat yoghurt, berries, grated apple 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. Lean meat, eggs, black beans, kidney beans, lentils, chickpeas, yogurt are good sources. Red meat 3 x per week only. (It is quite inflammatory)
- **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 - Berries, kiwifruit, oranges, apples, mangoes, banana.
 - 1 cup of salad & 2 servings of vegetables. (1 serve is 1/2 cup cooked veg - so aim for 1-2 cups)
- **INULIN** - this is a fibre that will help LOWER Calprotectin and lactoferrin. High in these foods; bananas (not over ripe ones), garlic, leek, onion, asparagus, artichoke.
- **FATS** - try to lower fried foods (unhealthy fats) and include some healthy fat - i.e avocado, olives/olive oil, flax oil, chia seeds, in at least 1 of your daily meals. We need healthy fats to make cholesterol, hormones, absorb vitamin d, and coat our nerves. Our brain is mainly fat also.
- **SIMPLE CARBOHYDRATES** - try to limit 'white foods' i.e white bread, white rice, muffins, cakes, hot chips. These contain very little nutrients and turn into sugar very quickly in the body. (Inflammatory) Opt for wholemeal/rye options. Rye Sourdough is a great option - you can get at Coles in the bakery.
- **TURMERIC** - please add to food where you can. It is a powerful anti inflammatory.
- **IODINE** - please make sure your salt is 'Iodised salt' and use on your meals. Your iodine was low. This is needed for good thyroid function.
- **VITAMIN D** - is essential for healthy immune function and neurological health. Your Vitamin D levels were very low and 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.
- **WATER** - increase water intake to at least 1.5L per day minimum. Our cells are mainly water. Every cell in our body needs to be hydrated to function properly.



SUPPLEMENTS: - continue with your Flax Oil, SB every day, SAME and GABA if needed.

Hydrozyme - to improve digestion and assimilation of nutrients.

DOSE: 1 capsule just before meals, 3 x day. (Or breakfast and dinner, if you are at Uni)

Metagenics Iron Maintain - increase iron levels

DOSE: 1 capsule in the morning on rising.

BioMedica BioActivated Bs - support methylation, stress, energy, brain health and detoxification.

DOSE: 1 capsule after breakfast.

Bioceuticals D3/K2 - improve Vit d levels, support brain function, immunity, gut health.

DOSE: 1 spray in the morning - any time is fine.

2FL Zinc Gut Repair - reduce GIT inflammation, support gut repair

DOSE: Chew 1 tablet, 2 x day after breakfast and dinner

Tri Mag Restful Night - support relaxation, nervous system and sleep.

DOSE: 1 scoop in 200ml water, 1hr before bed.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Hydrozyme	1 tablet			X		
Iron Maintain	1 cap			X		
BioActivated Bs	1 cap					X
D3/K2	1 spray			Any time is fine		
2FL Zinc Gut Repair	1 tablet		1 tablet			X
Tri Mag Restful Night			1 scoop	1hr before bed		
SB Probiotic	1 tablet		1 tablet			X

Referrals and Testing:

Referral back to GP for elevated Calprotectin and Lactoferrin

Next Appointment: First week of October TBC - please confirm suitable day/time

