



TREATMENT PLAN

CLIENT: Lisa Bennett

DATE: 16/10/25

Practitioner: Leigh Gibbs

Hi Lisa,

As mentioned, the very low number and diversity of beneficial species in your microbiome, is a typical picture after a sepsis infection and is driving systemic inflammation. There is a high level of ammonia also. This can cause immune activation and inflammation, manifesting in joint pain and stiffness and fatigue. We need to bring this down by increasing plant foods including beans and legumes and reducing meat intake where you can.

The protocol I have put you on, (GFD etc) will be helping to reduce this also and will assist with detoxification.

Now that you have a little more time on your hands, I suggest looking at the mediterranean style diet and some recipes. This way of eating promotes an anti inflammatory environment in the body, reducing pain and inflammation. Rich in antioxidants also. I like this website for recipe ideas

<https://www.themediterraneandish.com/best-mediterranean-diet-recipes/>

Leigh :)

TREATMENT AIMS:

1. Reduce systemic inflammation
2. Modify bowel flora

Dietary /Lifestyle Requirements:

- Continue to limit red meat and excess animal protein. And increase a variety of plant foods.
- Increase ellagic rich foods - pomegranate, strawberries, red grapes, raspberries, blackberries, walnuts.
- Purchase some Flaxseed (either seeds or ground) and add to food/yoghurt.



SUPPLEMENTS:

- GFD - you should be on 2 caps per day now. If well tolerated, increase to 2 caps, 2 x day.
- PHGG - to help increase beneficial bacteria.
DOSE: 1/2 tsp mixed into juice, water, food. 1 x day.
If well tolerated, you want to work up to 1 teaspoon daily. (You may experience some digestive symptoms as the microbiome shifts. If you do, drop down to 1/4 tsp and titrate up slowly)
- GEMMUNE IB - the next step in the protocol.
Start this, after you have been taking 4 caps of GFD daily for 2 weeks.
DOSE: 1 cap daily for 4 days. If no symptoms, Increase to 2 caps daily. You will still take the GFD also. You may take them at the same time.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
GFD titrate up	2 cap		2 cap			
PHGG	1/2 tsp					
Gemmune IB	1 cap					

Referrals and Testing:

Next Appointment: Approx November 7th or 8th. TBC

