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TREATMENT PLAN FOR : Jenny Lynn Date: 24/10/24

Health Goals	<p>Primary Goals</p> <ol style="list-style-type: none">1. Reduce gut dysbiosis and pathogens - specifically targeting pathogenic E. coli overgrowth and methane-producing archaea. How: Allimax and golden seal and pomegranate2. Reduce systemic inflammation - by decreasing hexa-LPS producing microbes (currently 2.6 SD above average) How: Reducing e.coli3. Restore immune function - improve low secretory IgA levels that indicate gut immune exhaustion How: Saccharomyces boulardii4. Increase butyrate production - to reduce colonic inflammation and support intestinal barrier function5. Manage histamine intolerance - by addressing elevated histamine-producing microbes in the gut <p>Secondary Goals</p> <ol style="list-style-type: none">6. Improve gut motility - through prokinetic support to prevent bacterial overgrowth recurrence (golden seal)7. Enhance microbial diversity - long-term goal through eventual fibre supplementation8. Reduce symptom burden - decrease internal shaking/tremors, tingling, flushing, headaches, and anxiety-like reactions9. Expand dietary tolerance - gradually reintroduce foods as gut health improves
Diet	<ul style="list-style-type: none">- Continue to avoid trigger foods. Avoid inulin and resistant starches whilst we work to reduce the methane producing bacteria and e.coli (they consume those prebiotics as fuel). <p>If you must consume them, do so moderately and very well</p>

	<p>cooked.</p> <p>High Resistant Starch Foods</p> <ul style="list-style-type: none"> - Cooked and cooled starches: - Cooked and cooled potatoes (potato salad, leftover potatoes) - Cooked and cooled rice (fried rice, rice salads, sushi rice) - Cooked and cooled pasta (pasta salads, leftover pasta) - Cooked and cooled oats (overnight oats) - Legumes (all types): - White beans, navy beans, kidney beans, black beans, pinto beans - Lentils (all varieties) - Chickpeas (garbanzo beans) - Split peas - Hummus and bean dips - Bananas and plantains: - Green/unripe bananas - Plantains (green or cooked) - Grains: - Barley - Oats (especially raw or soaked) - Other sources: - Raw potato starch - Green peas - Cashews - Corn and corn products - High Inulin Foods - Vegetables: - Jerusalem artichokes (sunchokes) - Chicory root - Garlic (raw and cooked) - Onions (all types: yellow, white, red, spring onions, shallots) - Leeks - Asparagus - Artichokes (globe) - Dandelion greens - Jicama - Fruits: - Bananas (especially slightly underripe) - Nectarines - Grains: - Wheat (bread, pasta, cereals) - Rye - Barley - Other: - Yacon root - Inulin or chicory root fiber (added to protein bars, supplements, "high fiber" products) -
Lifestyle	General Lifestyle Guidance

	<ol style="list-style-type: none"> 1. Supplement compliance - Follow the 8-12 week protocol as prescribed, starting with the Allimax trial 2. Continue Quercetin - Maintain current supplementation to help manage potential die-off reactions during antimicrobial treatment 3. Monitor symptoms - Track reactions to the Allimax trial and any changes in symptoms (shaking, tingling, flushing, headaches) 4. Avoid reactive supplements - No vitamin C supplements, histamine supplements, or alcohol-based tinctures 5. Gradual reintroduction - After the initial 4-week restriction period, foods may be slowly reintroduced based on tolerance and treatment progress – we will discuss
Barriers	- Possible intolerances to supplements?
Referral/Investigations	-
Prescription	<ul style="list-style-type: none"> - Allimax 2 tablets 3 times per day - Hydrozyme. 1 tablet before each meal (3x day) - Herbal medicine (golden seal, pomegranate) 3 times per day – dose on label/to be determined when purchased - Prokinetics. 10 drops in the mouth before meals - Saccharomyces boulardii. 1 tablet per day
Recipes:	-
Other	Return appointment the week of the 17 th of Nov

Medicine	PHASE 1 Weeks 1-2	PHASE 1 Weeks 3-4 Check in appt week 4.	PHASE 1 Weeks 5-6	PHASE 2 Weeks 7-8 Check in appt week 8.	PHASE 2 Weeks 9-10 Treatment to be decided -->	PHASE 2 Weeks 11-12	Weeks 13-14 (Check in appt here)
Allimax	2 tabs 3x per day	2 tabs 3x per day					
Herbal support (Golden seal, pomegranate)			(dose to be determined) 3x daily.	3x daily.	To be decided -->		
Prokinetic herbs (Golden seal)	10 drops before each meal	10 drops before each meal	10 drops before each meal	10 drops before each meal			
Partially hydrolysed guar gum		1/4 tsp (increase slowly to 1 Tbsp)	1/4 tsp (increase slowly to 1 Tbsp)	1/4 tsp (increase slowly to 1 Tbsp)			
Hydrozyme	1 tablet 3x daily	1 tablet 3x daily	1 tablet 3x daily	1 tablet 3x daily			
Quercetin	Continue to take	Continue to take	Continue to take				
Saccharomyces boullardii	1 capsule per day	1 capsule per day					

NOTE: Lifestyle and dietary recommendations have been provided to support your health goals. If you experience any adverse reactions or discomfort, discontinue the recommendations immediately. We will discuss modifying them during your next appointment. If you have any serious concerns, please contact me for guidance.

Herbal medicines have been prescribed as part of your treatment plan. Like any medication, discontinue their use if you experience rashes, diarrhea, digestive issues, allergic symptoms, or any other adverse reactions that you suspect may be related to the herbs. Please notify me immediately if you experience any such reactions.

Nutritional supplements have been prescribed to address your health condition. If you experience any signs or symptoms that you believe may be associated with these supplements, discontinue them immediately and contact me. Your health and safety are of utmost importance.