



TREATMENT PLAN

CLIENT: Janine Dungate

DATE: 20/11/25

Practitioner: Leigh Gibbs

Hi Janine,

Im really pleased with your progress. Its is going to be slow, but with patience and commitment you'll get there.

Leigh :)

TREATMENT AIMS:

1. Continue to reduce GIT inflammation
2. Begin to modulate immune system
3. Lower histamine levels

Dietary /Lifestyle Requirements:

- Stay off all grains and starches for the moment. We will re-introduce later.
- Introduce 1-2 new prebiotic (fibre) foods per week. Test and remove if still cause symptoms.
- Do the same for fruit. 1 - 2 new fruits per week.
- Include lots of pumpkin seeds in your diet - full of zinc. Other nuts and seeds too for vitamin E if you can tolerate them.
- Bone Broth Mayo - a nice healthy option for a spread to add to wraps/salads. (Gevity brand) There's also other flavours too.

SUPPLEMENTS:

- Stop the GI Revive when you run out.
- Stop the EnteroZyme - let me know if symptoms worsen without it.
- Reduce BioActivated Bs to 1 every 2nd day.



NEW:

Gemmune IB - heal the gut lining and modulate immune system to reduce histamine levels and further repair gut.

DOSE: 1 capsule per day - on an empty stomach. Any time of day is fine.

Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
BioActivated Bs. M/W/F/Sun	1 cap				X	
MagDuo			2 caps	Any time of day		
Enduracell	2 caps					
Fish Oil	2 caps				X	
Gemmune IB		1 cap		On an empty stomach		

Referrals and Testing:

N/A

Next Appointment: In approx 3 weeks time, after you have been on the Gemmune IB for 1 week.

