

INITIAL CONSULTATION REVIEW AND TREATMENT PLAN

WITH COMPREHENSIVE GUIDE

16 May 2023

Dear **Chloe**,

DOB: 14/10/1991

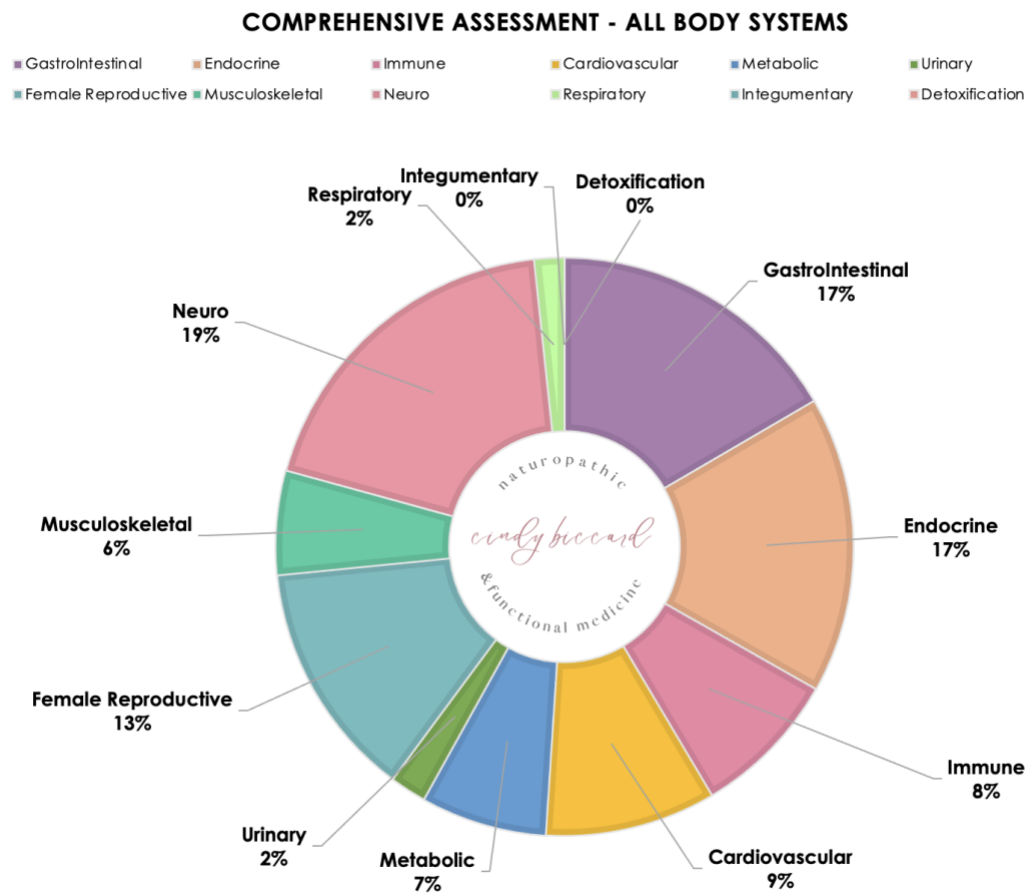
Thank you for choosing Cindy Biccard Naturopathic Medicine to assist you with your health journey. I am delighted to be afforded the opportunity of working along with you in optimising your health, as you are always the driver behind your own health and vitality.

It is the role of a naturopath to guide patients through foundations principles to ensure that you are on board with the health initiatives and to take charge of your own health through education and informed decisions.

- ✍ **First, do no harm** revolves around treatment strategies – the aim is to stimulate the body in order for it to regulate itself in returning to good health. This may include herbal medicine, dietary changes, nutritional supplements, and lifestyle interventions.
- ✍ **Identifying and treating the cause** differentiates our holistic approach to health from a conventional approach. Although some symptoms may be alleviated through therapeutic strategies – it is the goal to identify the underlying causative factors and establish a treatment plan accordingly for the body to regulate itself.
- ✍ **Treat the whole person** encompasses the mechanisms of how our mind, body and spirit interacts in maintaining good health or how it creates disease. By focussing on our entire being – an overall increase in vitality may be achieved.
- ✍ **Understanding the healing power of nature ...** by understanding our place in Creation and the synergistic ecological role each one of us play in it, we can embrace nature, it's produce and the healing we may derive from it.
- ✍ **Exercise, movement, and lifestyle** as ways to prevent disease or to down-regulate inflammation and living life as optimally as we possibly can.
- ✍ **The physician as teacher** places a responsibility on a naturopath to educate patients with good health initiatives combined with research and evidence-based science in order for patients to become independent experts on their own health.

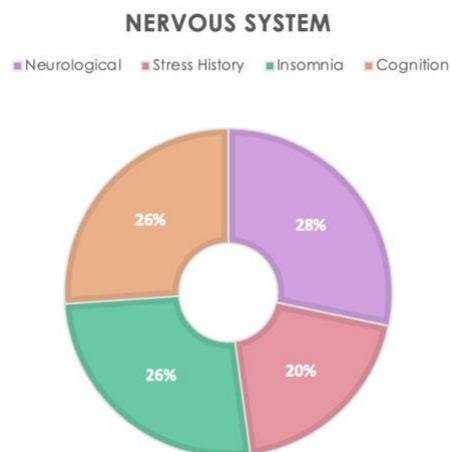
CURRENT HEALTH PROFILE

Following your completed comprehensive assessment to determine your health priorities, the following areas were identified as concerns that need to be addressed:



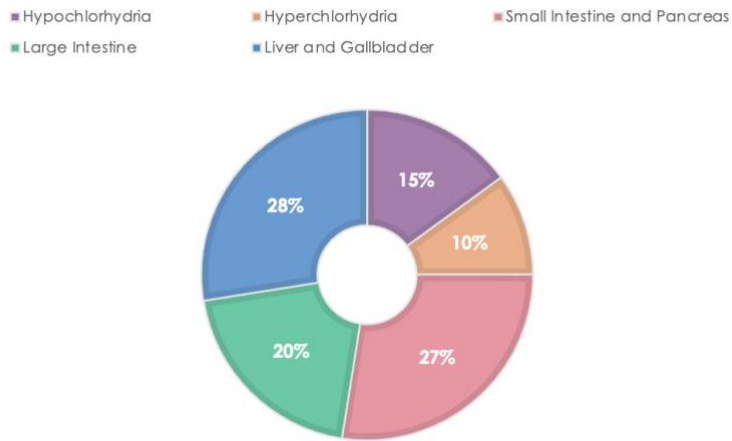
Priorities:

1. Nervous System
2. Gastrointestinal System
3. Endocrine System



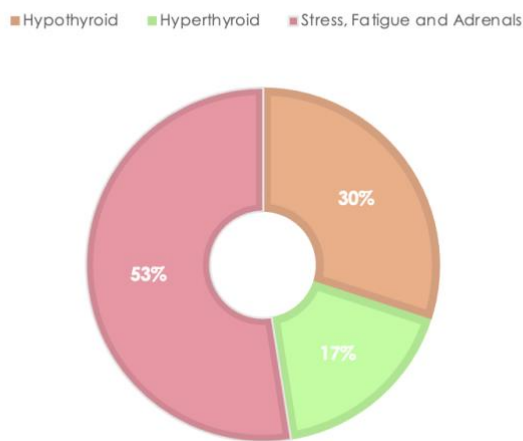
Currently your sympathetic (fright-or-flight) system is upregulated causing an adrenal hypofunction. This has a direct impact on your gastrointestinal wellbeing and endocrine system that regulates your hormones.

GASTROINTESTINAL HEALTH



Your digestive function is not optimal at the moment and impacted by stress, which causes maldigestion, bloating, nausea, occasional heartburn and stomach pain. This dysregulation may cause a reduced structural integrity within the small and large intestines, which may be why you're experiencing pain and reactions from certain foods.

ENDOCRINE HEALTH



Our hormones are majorly impacted by our nervous system, gastrointestinal system, what we eat, when we eat it, environmental factors and how well we respond to the above factors.

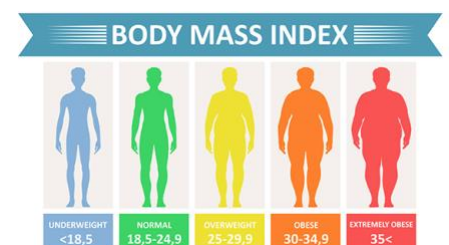
Patient's treatment requirements:

1. Hormone balancing
2. "Reducing cortisol through supplements (if required)"

BMI (Body Mass Index)

24.5

Comments: Within Normal BMI parameters – no Waist:Hip ratio recorded.



TREATMENT AIMS AND STRATEGIES

Short term treatment aims:

- ♥ Downregulate current upregulated sympathetic nervous system to improve mental and physical performance through HPA-axis.
- ♥ Improve gastrointestinal function and structural integrity.
- ♥ Improve and support hormonal responses subsequent to nervous system improvement and gastrointestinal function.

Long term treatment aims:

- ♥ Maintain good structural integrity of GIT and functionality through lifestyle and dietary intervention.
- ♥ Improve and maintain hormonal status.
- ♥ Support ongoing nervous system function through lifestyle intervention.

Further investigations recommended:

Even though you are leaving Australia soon for work, it would be great if the following blood pathology can be testes so that we have a good idea of where your current health status is and would have a benchmark, we can compare to in 6-9 months.

Full Blood Exam	<input checked="" type="checkbox"/>	hsCRP	<input checked="" type="checkbox"/>	LDH	<input checked="" type="checkbox"/>
Creatine Kinase	<input type="checkbox"/>	Corrected calcium	<input checked="" type="checkbox"/>	Phosphate	<input checked="" type="checkbox"/>
UEC	<input checked="" type="checkbox"/>	Urate	<input checked="" type="checkbox"/>	Magnesium	<input checked="" type="checkbox"/>
Lipids (incl. HDL)	<input checked="" type="checkbox"/>	Lipase	<input checked="" type="checkbox"/>	Amylase	<input checked="" type="checkbox"/>
LFT's (incl. AST)	<input checked="" type="checkbox"/>	Fasting Glucose	<input type="checkbox"/>	Iron Studies	<input checked="" type="checkbox"/>
Vitamin D	<input checked="" type="checkbox"/>	TSH / FT3 / FT4	<input checked="" type="checkbox"/>	Hba1c	<input checked="" type="checkbox"/>

You may ask your GP to have these tests done and be bulk billed OR you could have this tested privately through a Functional pathology lab and carry the expense (approximately \$200). If you choose to do this privately, please advise your practitioner in order to receive a referral form.

LIFESTYLE RECOMMENDATIONS

Physical Activity

- ☐ Walking 20-30 minutes at least 3-5 times a week.
- ☐ Pilates exercises – strengthening the core muscles. Continue with this.
- ☐ Rebounding exercises of 5-10 minutes for 3 days per week only. Here is [a link](#) to explain the benefits.

Stress Management

- ☐ Mindful Breathing Technique: Breathing in slowly through your nostrils and keeping it in for 5 seconds then slowly release the breath throughout the nostrils. You can repeat these steps 3-5 times at a time and as many times during the day to restore calm to an over-active mind 😊
- ☐ [Legs against the wall](#)
- ☐ Massage – enjoy massages as frequently as you can to relax tense muscles and being touched. Massaging is not only working on the muscles, but releases endorphins that create a sense of happiness.
- ☐ Magnesium footbaths are a great way to relax.
- ☐ Relax with music that you like – even enjoy a bit of dancing!
- ☐ Saunas are a great way to detoxify through the lymph glands and restore immunity. No more than 20-30 minutes are recommended though, especially with your lowered blood pressure.
- ☐ Take a magnesium (1-2 cups of Epsom salt or magnesium flakes) bath and soak – no more than 20 minutes. You can enjoy a beautiful soaking bath with essential oils to create calm: 5 drops lemon balm, 5 drops lavender, 5 drops peppermint in a cup of milk to induce emulsification – then pore to the bath water and relax.

Connect with nature

- ☐ Forest bathing
- ☐ Hiking
- ☐ Grounding – simply being in the moment and sitting on grass.
- ☐ Bird watching

Creativity

Be creative in activities such as:

- ☐ Colouring
- ☐ Painting
- ☐ Knitting
- ☐ Scrapbooking
- ☐ Sewing
- ☐ Art Therapy through a qualified therapist

Oral Health

- ☐ [Oil Pulling](#) with coconut oil + essential oils such as peppermint, clove and cinnamon.
- ☐ Non-fluoridated toothpaste

Gratitude journal

- ☐ Mobile App
- ☐ Journal your thoughts and display your gratitude - be creative about it!

Relationships

- ☐ Spend time with friends and family – talking and laughing.
- ☐ Laughing regularly – watch a comedy or read a book ❤️.
- ☐ Forgiving people that have wronged you – become the victor and don't remain the victim that is enslaved to memories in the past.
- ☐ Spend time in spiritual practices – be mindful and present.

Reduce environmental toxic exposure

Environmental toxic exposure may lead to endocrine disruption and a causative factor to various disorders such as depletion of energy, weight gain, autoimmune conditions, neurodegenerative diseases and cancer.

The following links are there for educational purposes to reduce exposure:

[Phthalates](#)

[Skin care and personal body products](#)

[Plastic products](#)

[Cleaning products](#)

[Cookware](#)

[Mould exposure](#)

[Tips on Performing an Environmental Toxic Cleanse](#)

[Tap water](#) and [Bottled Water Risks](#)

[Microwave usage](#)

DIETARY RECOMMENDATIONS

Functional Food Pyramid

Dietary Habits + Lifestyle habits = Health & Vitality



Serving sizes



Vegetables
2 handfuls



Starchy Vegetables
1 handful



Protein
1 palm



Fruit
1 palm



Oil/Ghee
1 thumb



Family, friends and community



Quality sun Exposure



Quality Sleep Routine



Regular Exercise



Spiritual Wellbeing

FUNCTIONAL FOOD AS MEDICINE



Hydration

Being hydrated assists the body to 'flush' toxins, improves metabolism, promotes satiety and assists the body in having an improved stress response.

- ☐ Filtered water – Amount: 1500 - 2000mL per day
- ☐ Herbal teas: ☐ Elderberry & Echinacea ☐ Mint ☐ Fennel ☐ Lemongrass & Ginger ☐ Chamomile ☐ Cinnamon ☐ Ginger ☐ Licorice ☐ Apple & Cinnamon ☐ Womankind

* These teas are from the Pukka Organic range and serves as a guideline only

- ☐ Sole (So-lay) water recipe:

Equipment: Mason Jar with plastic or non-metal lid

Ingredients: Himalayan Salt + Filtered Water

Instructions: Fill the Mason Jar with $\frac{1}{4}$ Himalayan Salt and $\frac{3}{4}$ with Filtered water – leaving about an inch at the top. Place lid on top and shake gently for the salt to mix with water. Leave overnight for salt to dissolve. You will still have salt at the bottom of the jar – the water will get saturated with what it needs and use the salt over the next few days until you have almost no salt left.

Consume: 5mL of the salt saturated water first thing in the morning OR 20mL in a 1000mL bottle to sip during the day. Good quality salt in moderation is great for your adrenals ❤️

* Add a slice of lemon or lime for a hint of natural flavour to your water

* In general, darker-yellow urine is an indication that there is a need for more water (except when the darker colour is due to B-vitamins 😊), clear urine and increased trips to the toilet may indicate over-hydration.

- ☐ Avoid over consumption of coffee – enjoy one good quality cup per day from organic roasted beans with no sugar 😊 Coffee is not a hydrator – in fact, too many can dehydrate you. A good coffee alternative is [Vogel Organic Bambu](#) – which is also great for bowel motility. Consume no more than 2 times per day.

Protein sources

Proteins are the building blocks of life – once digested they become amino acids, to repair cells and create new ones, support muscle growth, maintain muscle mass, support the immune system, and assists in the regulation of blood sugar levels, which increases satiety. Choosing protein should predominantly be organic, grass-fed, free-range, wild caught – they are lower (or no) in toxins such as genetically modified grain-fed, hormone treatments, antibiotic treatments. They are higher in anti-inflammatory omega-3 fats.

Animal protein are the most bioavailable for humans due to our similar cell structure. These include:

- ☐ Lamb
- ☐ Chicken
- ☐ Beef
- ☐ Kangaroo
- ☐ Turkey
- ☐ Eggs
- ☐ Fish (SMASH – salmon, mackerel, anchovies, sardines and herring). These fish have been linked to higher anti-inflammatory omega-3 levels and lower toxic mercury poisoning.

Proteins from legumes, such as beans and lentils contain both complex carbohydrates, protein and quality fibre, but lack in healthy fats. They lack a complete set of essential amino acids, which can be obtained if they are mixed with quality animal protein.

Healthy Fat sources

Anti-inflammatory fats that are minimally processed and high in omega-3 fatty acids are essential for creating energy and needed for the maintenance of every cell in the body. A minimum of 4 servings per day are suggested and in small amounts. The following are sources of healthy fats:

- ☐ Avocados
- ☐ Butter & ghee – may also be a source of natural vitamin K that help absorb Vit D for bone density
- ☐ Extra Virgin Olive Oil – only when using for low heat and mostly as salad dressing.
- ☐ Fatty Fish – high in anti-inflammatory omega-3.
- ☐ Nuts and seeds – full of minerals and fibre – only small amounts needed (handful per day).
- ☐ Eggs – pasture fed only.
- ☐ Grass-fed, organic beef.
- ☐ Full-fat dairy – organic and unhomogenised milk, yoghurt, hard cheeses such as Gouda and cheddar
- ☐ Dairy alternatives: Almond, Rice, Coconut and Macadamia milk – preferably organic to avoid exposures to toxins such as BPA.

Fibre

There are two types of dietary fibre that is essential to be consumed daily at around **25 grams for females** and **38 grams for men**. Dietary fibre from unprocessed whole foods are divided into two types:

Insoluble fibre: This serves as a 'bottle brush' in the intestines, clearing the wastes from the digestive tract and assisting with a complete evacuation. These are mostly found in the outer coat of vegetables and whole grain (Quinoa, Rolled and steel-cut oats).

Soluble fibre: This type of fibre attracts water, swells and creates a gel-like mass that slows down digestion to keep you feeling fuller for longer, it traps toxins so that the body can effectively excrete them and provides "food" (a prebiotic) to your commensal (healthy) bacteria to support the immune system, down-regulate inflammation and create 'vitamins' such as Vitamin K in the large intestine as well as regulate blood glucose levels. Foods high in soluble fibre are:

- Oat bran (organic and gluten free)
- Barley
- Nuts
- Seeds
- Beans
- Lentils
- Peas
- Certain fruits: guavas, apples, nectarines, pears, avocados and apricots.
- Vegetables: include Brussels sprouts, sweet potatoes, broccoli, carrots and turnips.
- Chia seeds (also great for healthy fats).

Phytochemicals (Vegetables & Fruit)

When purchasing vegetables and fruit it is essential that we try and avoid as much toxicity that comes through the pesticides sprayed. This [American Guide](#) is similar to ours in Australia and is helpful in making decisions when we cannot find organic produce. Shopping locally at farmer's markets from non-sprayed items, supports our liver more effectively, as it doesn't place an additional burden on detoxification pathways.

Aim to eat 600g of non-starchy vegetables per day from a variety of colours – "Eat the Rainbow". Fruit should be considered a treat, as it does contain fructose and in high amounts may cause you to struggle in maintaining your healthy weight goals. When consuming fruit – try to combine 2-4 different types in a small portion as they work synergistically better – you can combine this with organic and sugar free yoghurt to ensure the fruit does not create an insulin spike.

Phytonutrient foods – 'Eat-the-Rainbow'

RED					
<input type="checkbox"/> Apples (p)	<input type="checkbox"/> Cherries	<input type="checkbox"/> Onions (p)	<input type="checkbox"/> Raspberries (c)	Benefits	
<input type="checkbox"/> Beets	<input type="checkbox"/> Grapefruit (pink)	<input type="checkbox"/> Plums	<input type="checkbox"/> Strawberries (c)	Anti-bacterial	Brain health
<input type="checkbox"/> Capsicum (c)	<input type="checkbox"/> Goji Berries	<input type="checkbox"/> Pomegranate	<input type="checkbox"/> Rhubarb	Anti-cancer	Cell protection
<input type="checkbox"/> Cranberries	<input type="checkbox"/> Grapes	<input type="checkbox"/> Radicchio	<input type="checkbox"/> Rooibos tea	Anti-inflammatory	Heart health
<input type="checkbox"/> Watermelon	<input type="checkbox"/> Guava (c)	<input type="checkbox"/> Radishes	<input type="checkbox"/> Tomato (p)	Blood circulation	Prostate health
ORANGE					
<input type="checkbox"/> Apricots	<input type="checkbox"/> Mango	<input type="checkbox"/> Persimmons (c)	<input type="checkbox"/> Turmeric root	Benefits	
<input type="checkbox"/> Capsicum (c)	<input type="checkbox"/> Nectarine	<input type="checkbox"/> Pumpkin		Anti-inflammatory	Cell protection
<input type="checkbox"/> Rockmelon	<input type="checkbox"/> Orange (c)	<input type="checkbox"/> Sweet potato (c)		Blood circulation	Heart health
<input type="checkbox"/> Carrots	<input type="checkbox"/> Pawpaw	<input type="checkbox"/> Tangerine (c)		Brain health	Reproductive health
YELLOW					
<input type="checkbox"/> Apples (p)	<input type="checkbox"/> Corn	<input type="checkbox"/> Passionfruit		Benefits	
<input type="checkbox"/> Pears (p)	<input type="checkbox"/> Ginger root	<input type="checkbox"/> Pineapple		Anti-inflammatory	Eye health
<input type="checkbox"/> Banana (p) (c)	<input type="checkbox"/> Jackfruit	<input type="checkbox"/> Plantain		Cell protection	Heart health
<input type="checkbox"/> Capsicum	<input type="checkbox"/> Lemon	<input type="checkbox"/> Summer squash		Digestive health	Immune health
GREEN					
<input type="checkbox"/> Apples (p)	<input type="checkbox"/> Broccoli (c)	<input type="checkbox"/> Green peas	<input type="checkbox"/> Parsley (c)	Benefits	
<input type="checkbox"/> Artichoke (p)	<input type="checkbox"/> Broccolini (c)	<input type="checkbox"/> Green tea	<input type="checkbox"/> Pears	Anti-cancer	Cell protection
<input type="checkbox"/> Asparagus (p)	<input type="checkbox"/> Brussels sprouts	<input type="checkbox"/> Kiwi (c+)	<input type="checkbox"/> Peppers (c)	Anti-inflammatory	Digestive health
<input type="checkbox"/> Avocado (p)	<input type="checkbox"/> Cabbage (c)	<input type="checkbox"/> Limes (c)	<input type="checkbox"/> Rocket	Blood circulation	Heart health
<input type="checkbox"/> Bean sprouts	<input type="checkbox"/> Celery	<input type="checkbox"/> Leeks (p)	<input type="checkbox"/> Spinach	Bone health	Liver health
<input type="checkbox"/> Bitter melon	<input type="checkbox"/> Cucumbers	<input type="checkbox"/> Okra	<input type="checkbox"/> Swiss chard	Brain health	
<input type="checkbox"/> Bok choy	<input type="checkbox"/> Green beans	<input type="checkbox"/> Olives	<input type="checkbox"/> Snow peas		
			<input type="checkbox"/> Zucchini		
BLUE / PURPLE / BLACK					
<input type="checkbox"/> Berries (c)	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Plums	<input type="checkbox"/> Raisins	Benefits	
<input type="checkbox"/> Cabbage (c)	<input type="checkbox"/> Figs	<input type="checkbox"/> Tomatoes	<input type="checkbox"/> Rice (black or purple)	Anti-inflammatory	Cell protection
<input type="checkbox"/> Carrots	<input type="checkbox"/> Grapes	<input type="checkbox"/> Potatoes		Blood circulation	Digestive health
<input type="checkbox"/> Cauliflower (c)	<input type="checkbox"/> Olives (p)	<input type="checkbox"/> Prunes		Bone health	Heart health
				Brain health	Liver health
WHITE / TAN / BROWN					
<input type="checkbox"/> Apples	<input type="checkbox"/> Garlic (p)	<input type="checkbox"/> Nuts: almonds, cashews, pecans, walnuts, macadamias, Brazil nuts	<input type="checkbox"/> Seeds: Flax, Hemp, Pumpkin, Sesame, Sunflower	Benefits	
<input type="checkbox"/> Cauliflower (c)	<input type="checkbox"/> Ginger		<input type="checkbox"/> Turnips	Anti-cancer	Cell protection
<input type="checkbox"/> Cacao (p)	<input type="checkbox"/> Chickpeas		<input type="checkbox"/> Wholegrains: Oats (p), Brown rice (p), Quinoa (p), Rye, Spelt	Anti-inflammatory	Digestive health
<input type="checkbox"/> Coconut	<input type="checkbox"/> Lentils (p)			Blood circulation	Heart health
<input type="checkbox"/> Coffee	<input type="checkbox"/> Lychee			Bone health	Immune health
<input type="checkbox"/> Dates	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Onions (p)		Brain health	Metabolic health
<input type="checkbox"/> Pears	<input type="checkbox"/> Tahini	<input type="checkbox"/> Shallots			

* This is a modified version of the Phytonutrient Spectrum Foods derived from The Institute of Functional Medicine ®

(c) foods high in Vitamin C

(p) Prebiotic Food – see next page

Pre-and Probiotic Foods

Our human gut microbiome, which forms a complex ecosystem consists of trillions of microbes. A microbiome that is dysregulated and not consisting of optimal commensal bacteria (good bacteria), have been linked to several disorders that include:

IBS (irritable bowel syndrome)	Infectious diarrhoea
intestinal permeability issues (leaky gut)	Coeliac disease
SIBO (Small Intestinal Bacterial Overgrowth)	Respiratory infections
Allergies	Thyroid disorders
Joint pain	Autoimmune conditions
Gastric ulcers	Parkinson's disease
Inflammatory bowel diseases such as Crohn's and	Chronic inflammatory conditions such as arthritis
Ulcerative colitis	Chronic fatigue syndrome
Cardiometabolic diseases (fatty liver, type II diabetes,	Inflammatory Skin Conditions
heart disease)	Mood Issues and Autism

Foods that promote inflammation and disrupt the microbiome:

- ⊗ Refined vegetable oils (canola, corn, soybeans, sunflower)
- ⊗ Pasteurised dairy products
- ⊗ Refined carbohydrates and excessive consumption of grain products
- ⊗ Conventional meat, poultry and eggs – due to cheap inflammatory feed ingredients
- ⊗ Trans fats (used in processed foods and fried foods)
- ⊗ Sugar (packaged snacks, breads, condiments, canned items, cereal, sodas)
- ⊗ Antibiotics

Prebiotic foods serves as a '**feed**' for probiotic bacteria (commensal bacteria) and assists in the proliferation of them within the gastrointestinal lining. *Prebiotic foods has been marked (p) on the previous page.*

Probiotic foods that are usually derived from a fermentation process (cultured food) and **contain various strains of probiotics** that may be beneficial for you. **The following foods are known to be probiotic.** Your practitioner may recommend them if you have achieved an optimal state of GIT integrity in your protocol. If probiotics are included in your diet too early during a dysregulated phase, you may experience discomfort, pain, loose stools and gastric spasms. *Links have been included to learn more about it and get recipes on how to make it.*

- | | |
|---|---|
| <input type="checkbox"/> Milk kefir (ki-fear) | <input type="checkbox"/> Sauerkraut (bought refrigerated) |
| <input type="checkbox"/> Yoghurt | <input type="checkbox"/> Kimchi |
| <input type="checkbox"/> Water kefir | <input type="checkbox"/> Traditional buttermilk |

Example meals and snacks to navigate you on healthy options:

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Farmer's Market Frittata	Simple Savory Chicken Patties	Smoked Salmon Low Carb Bagels	Dr Brukner's Muesli with yoghurt	Veggie Muffins
SNACKS	Overnight Chocolate Chia Seed Pudding	Berries & Cream Smoothie	Simple Fennel Citrus Salad	Marinated olives	Greek yoghurt with blackberries
LUNCH	Warm Veggie Salad with almonds	Buddha Boost Bowl	Broccoli Cheese Soup	Scrambled eggs with Salmon & Avo	Garden Pesto Chicken 'Pasta'
SNACKS	Chocolate bark	Easy Date Protein Balls	Hummus with celery & carrot sticks	Roasted nuts	Chocolate bark
DINNER	Miso-glazed salmon & veggies	Baked Chicken Drumsticks	Saucy Moroccan Lamb	Zippy Zoodle Bolognese	One-Pan Beef & Broccoli

An example of a 'Health bowl' (modified version of a Buddha bowl)

How to create a simple and easy "Health Bowl"



When choosing your various foods, please try and buy organic for your fruit and vegetables and pasture fed for your animal proteins, where possible

PERSONALISED PRESCRIPTION PLANNER

ACCORDING TO YOUR HEALTH GOALS

The following products have been chosen by your practitioner to assist you with achieving your health goals. This prescription has been prepared on: Tuesday, 16 May 2023 and will be assessed at your follow-up consultation in 5 weeks' time **Tuesday, 20 June 2023 at 10h00** (AEST – Brisbane) via a Telehealth appointment.

Product	Rationale & Comments
Brand: Bioclinic Natural AdrenaSense Dosage: 1 tablet twice per day.	<ul style="list-style-type: none"> ♥ A herbal formulation to improve mental and physical performance, relieve nervous tension, increase energy production and support an improved stress response. ♥ Contains Reishi mushroom for immune support and energy.
Brand: Integra Nutritionals (Nutrigenomic GeneActive Formulation E) GFE Dosage – PROTOCOL: Week 1: 1 capsule Week 2: 1 capsule in the morning and 1 in the evening Week 3: 2 capsules twice a day.	<ul style="list-style-type: none"> ♥ Stimulate Cellular antioxidant defences. ♥ Activate key enzymes in liver detoxification and clearance pathways. ♥ Activates innate immune system for improved immune system through Nrf2 pathways. ♥ Assists in restoration of structural integrity of GIT ♥ Assist in maintenance and improvement of general wellbeing. <p>If you experience any abdominal pain or discomfort with this product, please let me know – this is usually a sign of gut dysbiosis and we're triggering something that doesn't want to be eradicated. So, we'll simply titrate back to using less until the body is ready and can tolerate the therapeutic dosage.</p>
Brand: Cell-Logic ImmunoGenex (Nutrigenomic formulation) Dosage: You may start in Week 3 following the GFE protocol. Consume 2 serves per day – one in the morning and one in the evening. This can get quite clumpy – so I add mine to a smoothie and blend it in for a smooth consistency.	<ul style="list-style-type: none"> ♥ A unique blend of functional food ingredients with pre-and probiotics to support systemic immune dysfunction and optimising the gut Ecology. This assists in the restoration of the mucin layer of the GIT. ♥ My personal quick fix recipe as a suggestion: <ul style="list-style-type: none"> • ½ milk kefir • 1 scoop ImmunoGenex • 2 Scoops NutraOrganics Greens & Reds Powder (using this powder means I'm getting more nutrients in too and alkalising the body – time efficiency 😊) • ½ cup almond milk (unsweetened and organic) • ½ cup frozen organic berries or mango • Blitz together and ENJOY!

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