



### **Findings of Jarrah Hynes on 30/1/2024**

Nausea when eating food, bloating after eating, loss of appetite, nervous around meals since eating KFC on his birthday in December. Two weeks prior, ate some suspicious looking fish. Chronic constipation, bowel movements approximately once a week. Family history of digestion problems. Nervous about starting high school. Agitated and cranky lately.

### **Finding the root cause - Possibilities to investigate:**

- Food poisoning
- Parasite/s
- Bacterial overgrowth in small and/or large intestines
- Irritable bowel syndrome (IBS)
- Food intolerances and/or allergies
- Anxiety (for mood)
- Hormonal changes (for mood)

### **Tests to be considered:**

- Food compatibility testing
- Stool test to assess parasite, bacterial, fungal infection, assess microflora diversity, leaky gut, digestive secretions
- SIBO breathe test to assess bacterial intestinal overgrowth in small intestines
- HTMA to assess stress levels, nutrient imbalances and toxic overload resulting in anxiety/stress

### **Objective**

Eradicate gastrointestinal problems and support mood

Objectives	Actions
Improve bowel movements	Increase fibre and water intake, increase upper digestive enzymes to break down food, stimulate bowel movements, reduce any anxiety that may be causing this
Improve appetite	Stimulate digestion with bitter foods and herbs, increase bowel motions
Ease nausea and bloating	Eradicate pathogen if any, calm the stomach and help with digestion
Support nervous system (mood)	Support synthesis of neurotransmitters (brain chemicals) through food and supplements, gut health
Support growth spurts	Provide proper nutrients through food

### Current treatment

PHGG (fibre) for healing gut integrity, feeding good microflora, decrease inflammation	2 tbs in smoothie, water or juice
Herbal tincture : Cascara (laxative), Skullcap (nervous system), Chamomile (calms nerves and stomach), St Marys thistle (liver support), Gentian (bitter to bring on appetite and digestion), Ginger (for digestion and upset stomach)	1 whole squirt into approx 20-30mls of water. Alm for 3 times a day 15 minutes before meals, even if he doesnt have a meal. Increase this dose to 2 squirts in 4 days time if he still hasn't had a bowel movement.

- Continue with the pathoclear - 2 tablets after a snack in the morning, 1 tablet after school
- Continue with SB probiotic - 1 capsule after a snack at lunch (pack in lunch box), 1 capsule after dinner
- Continue with calming herbal teas
- Cease neuromood (?) for now
- Continue with magnesium, turmeric, NAC, spirulina
- Cease use of fish oil and fermented honey/garlic for now
- Continue with garlic and kimchi

### Diet modifications

- No gluten containing foods

- No dairy
- Reduce processed sugar intake
- Cook with macadamia oil
- Swap dairy milk with almond milk/coconut milk for now
- Include legumes (red lentils, green/brown lentils, chickpeas, mung beans etc) around 2-3 times a week to increase fibre for proper digestion and microflora diversity. Try green/brown lentil spag bol, red lentil dahl, mung bean soup. If beans are raw, soak before cooking.
- Include wholefoods high in calcium eg nuts and seeds, tahini has a good amount, tofu and tempeh

#### **Snack suggestions to take to school**

- Handful of turkey
- Handful of mixed nuts (almonds, walnuts, brazil nuts etc)
- Home made hummus and veggie sticks (carrots, celery, cucumber etc). This can be made in bulk at the start of the week and serve into container to take to work
- Chia puddings with coconut milk and fresh fruit topping. Use fruit in season eg peaches, nectarines etc). This can be made in bulk at the start of the week and serve into container to take to work
- Can of tuna, salmon, mackerel
- Sliced apple with peanut butter

#### **Next appointment**

Assess digestive issues - bloating, nausea, constipation, appetite

Assess mood

If you need to get a refill of the liquid herbs, here is the formula:

Cascara 10mls

Skullcap 10mls

Chamomile 10mls

Gentian 10mls

St mary thistle 10 mls

Ginger 5 mls

Let me know how he is going and I might increase the dose on the second bottle