

U.C - Try Threonine, serine,
proline, cysteine
biomatrix by Biomedica



Patient Prescription

Also phosphatidyl choline + glutamine

Name	Di Brown
Date	10 March 2021
Next Appointment	Tbc - 4 weeks.
Recommended investigations	Stool cultures to investigate if bacteria present eg. Dientamoeba Fragilis, Blastocystis hominis **see notes. I believe you have done some stool testing? Do you have the results? Were either of these bacteria or others tested?

Dietary & lifestyle recommendations:

- Attached you will find an autoimmune protocol. The plan focuses on elimination of known inflammatory foods so that the gut can settle down and re-establish. It avoids dairy, eggs, grains, fish and shellfish for the first month but you may modify this slightly to include white rice. Many people with AI issues find eggs inflammatory so I would caution having them for the next month and perhaps try other protein sources. If possible, try to stick to the guidelines in the plan as best you can. After this you can start re-introducing foods as your gut improves. We will aim to increase fibre and other items as the diarrhoea subsides and I have a general anti-inflammatory diet plan we can begin to use when you start to feel better.
- Hydration is really important - 2-3 litres/day. Hydralyte x twice a day is fine, morning and afternoon until diarrhoea symptoms subside. I will also send you electrolyte elixir recipe to make and keep in the fridge.
- Bone broth x twice/day. NutraOrganics powdered broth, or make your own. I will send you a good home made recipe.
- Turmeric - fresh or dry in foods, drinks. Pepper increases the bioavailability of turmeric. A good product is TumeriX which you can buy online. <https://buyturmerix.com/>
- Fresh ginger is a great anti-inflammatory so you can add to foods or drinks. It's also a powerful immune booster
- Nuzest protein powder can be a useful food to add to smoothies. <https://www.nuzest.com.au/products/clean-lean-protein>. Select the natural flavour if possible
- I mentioned Psyllium Husk during our consult as it can be used to promote healthy stools, but as it can be used to soften stools I would **not** recommend it at this time for your condition.
- I will send you a link for Vital.ly where you can order probiotic SB Restore with zinc, and Vitamin A, C which is strongly indicated to assist with diarrhoea. Take 1 capsule 3 times/day for the next month, or at least until your diarrhoea subsides

** Notes

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/dientamoeba-fragilis.aspx>



<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/blastocystis-hominis.aspx>

Supplements B=Before, D=During, A= After	Breakfast			Lunch			Dinner			Bed
Bioceticals SB restore	1			1			1			



Patient Prescription

Name	Di Brown
Date	10.3.21
Next Appointment	
Recommended investigations	Recipe - Broth - Elixir

• Hydration - Bone Broth.

Dietary & lifestyle recommendations:

- ↑ Omega 3 foods. (see list) NB Fish Oils, Flaxseed Oil
- Quercetin - onions, ^{Red} apple skin, berries, capers, spinach, pears, kale, elderberries*, romaine lettuce, blueberries, cranberries
- Turmeric - have w/ black pepper - Turmeri X
- Pre-biotics - psyllium husk 1tsp in water x twice/day
- Dandelion greens (organic)
- X Wheat, corn, dairy, carrageen
- ↓ sugar, refined carbs
- ↑ complex carbs

Supplements B=Before, D=During, A= After	Breakfast	Lunch	Dinner	Bed
* Pro 8-50 Plus	1 1			
Nordic Naturals EPA	2			
+ SB 500(?) SB Restore	1			

- Organic fruit + Veg if possible Bone Broth
- * High Fat smoothie + snack recipes. NuZest.



Notes

5/23

See Notes on UC + Crohn's

- Post flare ups - Work on Diet
- Pescatarian Diet
- no Saturated fat (red meat)
- ↑ Vit D
- ↑ fibre (when not flaring)
- Elim. Diet for triggers - ↓ food fear
- No dairy (*)
- ↓ Gluten
- No Bakers Yeast.

NOTE exclusive liquid diet + IF helps bring remission faster

(NB) Lifestyle | Stress mgmt

- light/moderate
- ↑ exercise tolerance over time
- mindfulness/yoga
- if constip - herbal helps B14 Bed

- Glutamine, Aloe Vera, B12 (sub-ling.)
- Curcumin
- Boswellia
- Wormwood
- Psyllium Seeds (not husk) - take care w/ diarrhoea
- Vit D > 100, Vit K (inhibits TNF-α)
- malnutrition - D, Fe, B12, Zn, Mg, K, A, E, K
- Selenium

- SB > 1000 mg/day.

- Zn 30-40mg.