



Patient Follow Up Notes

Name	Jaime Huynh
Date	19 Aug 2022
Feedback from previous appointment	<p>64kg, weight consistent, not putting additional on. Energy levels up and down. Anxiety subsided.</p> <p>Hormones/skin issues last 2 weeks prior to menstruation.</p> <p>Feeling better, eating well, eating less carbs, trying not to overeat</p> <p>Sometimes snacks on chips</p> <p>Wakes 5.30 – 6.30, talks Alkamin, drives son to train, has coffee on the way back.</p> <p>Breakfast 9.30 after 2nd son at school.</p> <p>Still having gut issues but dropped enzyme to once/day.</p>
Next Appointment	After results of GI Map

Dietary & lifestyle recommendations:

- Do complete gut analysis to investigate pathogens, bloating constipation – GI Map
- Consider methylation testing after gut test.
- Focus on a high protein, low carb breakfast to prevent snacking. – I.F?
- Gluten and dairy free for next 4 weeks. Note any changes in gut symptoms x – didn't do this
- All other meals should be high protein and quality fats, low or zero carbs.
- Exercise 4-5 times/week for 30 mins
- Breakfast can be chia puddings (prepared in advance, avocado, eggs, bacon, leafy greens). Boil 6 eggs on Sunday night to use as snacks during the week.
- Nuts – macadamia, brazil (2-3), pecans, coconut chunks. Olives, keto/protein smoothies with unsweetened nut milks or coconut milk keto meal
- Warm water with lemon and pinch celtic sea salt upon waking. Then alkamin. / ✓
- Be consistent with supplements to get the best response.

Supplements B=Before, D=During, A= After	Breakfast	Lunch	Dinner	Bed
Vitamin D/Nordic naturals	1			
Orthoplex AlkaMin Calm v. religiously -	1			
Digestive enzyme on + off -		1	1	

22/8 emailed GI map order form

Vitami

Vitami

Vitami

- ## Vitami

Vitami

Patient Prescription

Name	Jaime Huynh
Date	7 May 2022
Next Appointment	9 Jun 2022 @ 9.30am
Recommended investigations	None – recent bloods complete.

Dietary & lifestyle recommendations:

- ✓ **Bloating:** Aim for mostly dairy free and try to swap breads and pasta for gluten free options. Take digestive enzyme you currently have if you are experiencing bloating. Take before meals.
- **Dehydration:** 2 litres water per day – fill drink bottle each morning so you know exactly how much you are having. Squeeze lemon, pinch Himalayan salt and mint leaves into your drink bottle for flavour and to encourage drinking.
- **Acidity:** Blood biochemistry 'anion gap' (electrolyte balance) is showing the acid-base balance in your blood is more acidic than it should be. To counter this aim to eat 6-8 cups of fresh vegetables each day, via smoothies or salads. Green smoothies are a great way to address this. (see [Thermomix recipe attached](#)). You can add a scoop of protein powder to fill you up. Add Spirulina to green smoothies for a source of plant protein and rich sources of important minerals to reduce blood acidity.
- **Muscle Aches:** Magnesium – see [attached Mg sources](#) – try to consume a daily source to counteract muscle aches, assist with sleep and maintain calm nervous system and cardiovascular system
- **High B12** – while this shows as high in your blood tests I'm not concerned since you are not having other negative symptoms. The reference ranges on blood tests are not necessarily 'optimal', they are a distribution of all the ranges a lab would process, which is generally for unwell patients. Things to consider with high B12 are liver and kidney function and cell membrane function. If cell membranes are not functioning well there can be a reduced uptake. We can address this with diet and lifestyle changes, healthy vegetables, Omega 3 fish oils and an anti-inflammatory, skin health diet. (see [attached](#))
- **Iron level:** Levels are currently normal. If supplements are required research shows they are more efficiently absorbed taken every 2nd day and taken with Vitamin C to increase absorption. Your levels are ok for the moment but if you begin to feel tired you should re-test.
- **Exercise:** at least 4 times per week for 60 mins.
- **Weight Loss:** Aim for 2 meals/day for weight loss – the smoothie can be one of those meals. **Keep a diet diary for 4 weeks.** It will make you accountable. Use an app if easier. Keto Diet or Carb Manager app is good. Snacks should be nuts, seeds, coconut, chopped veggies, humous, celery and nut butter, olives etc.
 - NO processed foods – cakes, biscuits etc – instead to avoid snacking invest in a pea protein based smoothie. Nuzest or Raw Protein powder, nut milk. ([Smoothie recipes attached](#))

63kg



Vit

- Time restricted fasting – eg fast for 14-16 hours/day – will assist with weight loss and body reset
- Drink green tea – Powerful antioxidant
- Cooking: Cook with olive oil, coconut oil or ghee only. Avoid all other oils for cooking.
- Eat bitter vegetables to assist the liver with detoxification – radicchio, rocket, endives etc
- Home delivered meals – stick to ketogenic meals for yourself. You can add on carbs for the other family members as required.

Power meals

Home delivery meals: – try A Life Plus <https://alifeplus.com.au/collections/keto-diet-meal-plan-delivery-menu> or Nourishd. <https://nourishd.com.au/pages/keto-meal-delivery>

- **Sleep hygiene:** Aim for 10.30pm bedtime, no screens for 1 hour before. Quality sleep will assist with weight loss.

Supplements B=Before, D=During, A= After	Breakfast	Lunch	Dinner	Bed
⑧ Vitamin D (California Gold brand until finished) **NB take this DAILY until finished then switch to Nordic Naturals below **	1			
Nordic Naturals Arctic-D Cod Liver Oil **DAILY** 1 teaspoon (5 mL) daily with food	1			
Vitamin C (finish what you have then switch to Orthoplex AlkaMin below)	2			
⑧ Orthoplex AlkaMin Calm (1 level included scoop (6.5 g) twice daily mixed into water Consume immediately)	1		1	
⑧ Zenwise Digestive Enzyme (with meals as required for bloating)		1	1	
Melatonin (as required to ensure quality sleep, plus during a viral infection)				1

Restavit (short period) 22/7/22

Finish off the supplements you currently have. I will send you a link to re-order these and additional options when you finish.

*guided meditation
iron supp - once / week. (maltofer)
Armaferre.*

** bone broth 4/5 cups / day.*

- ① Sleep.
- ② Hydration – Broth, lemon, water, green tea.
- ③ Veggies ↑ + Protein, ↓ carbs.



Patient Follow Up Notes

Name	Jaine Hughs
Date	22/7/22
Feedback from previous appointment	
Next Appointment	

Dietary & lifestyle recommendations:

continuing meals
digestive enzyme too much
a little looser - helping bloating - but gasier
Anxiety - older son struggles at school - hardly ate
lost weight - psych twice
stopped coffee + anti-histamine - sleeping better
green tea - drinking now -

- pyrroles.
- MTHFR.

Supplements B=Before, D=During, A= After	Breakfast			Lunch			Dinner			Bed