

Your Treatment Plan: Follow-up Consultation

**For:** Monika Frkovic

**Date:** 29/06/24

**Summary of key issues discussed in consult**

1. Review of recent (May 2024) blood test results:

- **Haemoglobin** (134) improved from 127
- **Vitamin B12** (386) improved from 245 (**aim is at least 400, optimal 600**)
- **Ferritin** (32) (iron stores) improved from 43 (**optimal is 70+**)
- **Vitamin D** (65) improved from 65 (**optimal is 120**)
- **Thyroid function results:**
  - **TSH (1.5) improved from 1.59 (optimal is 0.5-1.5)**
  - **T4 (14) improved from 11.7 (optimal is 15-17)**
  - **T3 (5.5) improved from 5.2**

Notes:

1. Continue to **Vitamin D** spray daily
2. Continue with **ThyRestore** to maintain these healthy thyroid levels
3. Stop **Iron** supplementation for now - *to be reviewed*

2. Review GI Map Results

The GI Maps detects microbes that may be disturbing normal microbiotic balance or contributing to illness as well as indicators of digestion, absorption, inflammation and immune function.

- No pathogens (bacterial, parasitic, viral) detected
- No fungi/yeast, viruses, protozoa or worms detected
- Positive result for ***Helicobacter pylori***. This bacteria is found in ~50% of people and is considered a 'conditional pathogen' ie, it's not always pathogenic. It's only reported as 'elevated' when it reaches a certain threshold. It can produce problematic virulence factors (none have been detected in your sample) that can be problematic. It's known to lower stomach acid (HCl) activity in stomach which can effect optimal digestion and nutrient absorption. Can be present without symptoms, but needs to be treated. Oral to oral transmission (kissing, sharing food/utensils etc) as it also harbours in oral cavity, have partner checked via GP for Breath Test and treat to avoid reinfection.
- Overt lack of **commensal/keytone bacteria**. These 'good' bacteria work *with* us and are essential for your gut health, nutrient absorption and overall state of health. Lack of abundance is shown in many of

your individual species and overall bacteria phyla counts. It's essential to replete these populations and diversity, and then maintain them.

- Positive result for ***Enterococcus faecalis*** (an opportunistic bacteria that will overgrow when the good bacteria - especially low *Lactobacillus* - lacks its protective abundance).
- High positive of **Secretory IgA** - indicates active immune reactivity occurring in the gut (should be <1500). Raised by inflammation in the gut, dysbiosis, food sensitivities, stress. Also in IBS, IBD, acute infection, autoimmunity.
- High positive of **Anti-gliadin IgA** - indicates a level of immune incompatibility with gluten containing grains (especially as Secretory IgA is also raised). Although not 'diagnostic' it points to potential non-coeliac gluten sensitivity (NCGS) or coeliac. Can also be elevated due to cross-reaction with others foods such as dairy and corn.
- Raised **Calprotectin** (a result over 50 is considered high) indicates inflammation, and with the other high markers can be associated with NCGS due to its irritation to the gut lining. The very low level of *Bacteroides fragilis* is also part of inflammation picture in the gut *Escherichia* spp.
- Raised **Zonulin** (ideal is below 50) this is a marker for increased intestinal permeability (aka 'leaky gut'). This single-cell (ie. the thickness) intestinal membrane is the interface between the intestinal contents (the good, bag and ugly) and the body. It must stay permeable enough to absorb all our nutrients but not too permeable so that it also allows gut toxins, allergy/autoimmune promoting triggers etc into our bloodstream. When there is dysbiosis (i.e imbalance between good & bad bacteria), inflammation and immune activity in the gut, this promotes increased permeability as the tight junctions between the single cells wall become compromised and 'leaky.'
- **Commensals** (good bacteria)  
The very low level of *Bacteroides fragilis* is also part of inflammation picture and is an immune modulator. The 'not detectable' *Escherichia* spp decreases the protection against inflammation.  
The 'not detectable' *Akkermansia muciniphila* indicates poor mucosal health and low diversity as *Akkermansia* helps promote the growth of other good bacteria. Research is showing that low levels may be linked to weight gain.

## Treatment considerations

1. Reduce the inflammation and immune activity in the gut by removing potential antigen (gluten/gluten containing foods) and providing soothing **herbal/nutraceutical agents** to help heal/repair the gut wall.
2. Populate the gut microbiome (specifically the commensal/good bacteria) with diverse and specific **probiotic strains**.
3. Introduce gentle plant-based **anti-microbial** to address the *H. Pylori* and *Enterococcus faecalis*.

## THE PHASE TREATMENT PROTOCOL & PRODUCTS

**Phase 1: HEAL** (6 weeks): GI Revive, IgGI Shield, ProbioMed 50, ZymeGest,

**Phase 2: ELIMINATE & SUPPORT** (6 weeks): Oil of Oregano, ProbioMed 50, GI Revive, ZymeGest

**Phase 3: MAINTAIN** (6 weeks): GI Revive, ProbioMed 50, ZymeGest, PaleoFibre

## Your Prescriptions

Product	Why I've prescribed it	Dosage instructions	How long to take it for
<b>Gi Revive</b>	Herbal and nutritional blend to support healthy mucous lining (reduce leaky gut) and reduce damaging inflammation.	Mix 1 heaped teaspoon into water, 2 x day in water.	Take in <u>all 3 phases</u>
<b>IgGI Shield</b>	Bovine immunoglobulin (SBI)/protein isolate to support immune modulation and gut health.	Mix 1 heaped scoop (provided) in water, 1 x day.	Take in HEAL PHASE: 6 weeks
<b>ProbioMed 50</b>	50 billion live probiotic strains to reinoculate your gut with those deficient good bacteria populations.	Take 1 capsule, morning & night	Take in <u>all 3 phases</u>
<b>ZymeGest</b>	Broad-spectrum digestive enzyme supplement	Take 2 capsules up to 30min before your main meals.	Take in <u>all 3 phases</u>
<b>Oil of Oregano</b>	A specific antimicrobial for dysbiosis and bacterial overgrowths.	Take 1 capsule, 1 x day for 4 days. Then follow with ProbioMed for 3 days, then repeat this on/off cycle for 6 weeks. <i>Don't take at same time.</i>	Take in <b>ELIMINATE &amp; SUPPORT PHASE</b> : 6 weeks
<b>ProbioMed 50</b>	50 billion live probiotic strains to reinoculate your gut with those deficient good bacteria populations.	Take 1 capsule, 2 x day (morning & night) for 3 days. Then follow with Oil of Oregano for 3 days, then repeat this on/off cycle for 6 weeks. <i>Don't take at same time.</i>	<b>ELIMINATE &amp; SUPPORT PHASE</b> : 6 weeks
<b>PaleoFibre</b>	A prebiotic supplement (food for the good bacteria) to promote growth and proliferation in the gut.	Mix 1 scoop into water (or smoothies) 1-2 x day.	<b>MAINTAIN PHASE</b> : 6 weeks

See [Vital.ly](https://vital.ly) for your script.

## Other recommendations

- Avoid gluten-containing grains (wheat, barley, rye) and those potentially cross-contaminated grains (oats), and those foods containing gluten. Being 100% gluten free allows for optimal therapeutic actions of protocol. Some good GF brands for breads: GF Precinct (good bread to toast and nice wraps), Strange Grains brand.
- See GP for blood test for celiac screening and other autoimmune markers. You can show/explain your high levels of **Secretory IgA, Anti-gliadin IgA and Calprotectin** results that are reflecting your immune system is highly elevated and reactive and that you want to investigate further.
- Have partner tested for H.pylori - a breath test with GP is a good start. Look to treat also.
- Also see handout on **H.Pylori Management through diet** to help support your Treatment Protocol.

## Next time

Let's check in again when you're 2 weeks in to your Eliminate & Support phase. Please book a 30min Follow Up Consultation to review.

Or, if you feel you're 'reacting' to the protocol in any way prior to this, please book in sooner to review.