

IgG Test Results

BORDERLINE

MILD

Cow's dairy & Whole eggs

MODERATE

STRONG

Elimination Protocol

We initially aim for an 6-8 week elimination. This a temporary solution while we address and work on the root-cause/s in the gut. We will reassess at 4-6 weeks to check symptom progression and supplement suitability.

Additional Comments/Tips

Yogurt: goat or coconut yogurt; cocobella, coyo, nakula, nudie
Milk: Goats milk (long-life or fresh), Oat (OATLY beige and blue carton), Almond (Pure Harvest, unsweetened).

Cheese: token amounts of hard cows cheese or swapping in goats cheese

Ice cream: plant-based, vegan or dairy-free.

Whole eggs: focusing on eliminating/reducing the whole egg; frittata, quiche, scrambled, dippy eggs, mayo etc. Don't worry about eggs IN things; cakes, muffins, snacks etc

Reduction is key here, and any foods being offered to Murphy, try to go with Goats dairy over cows for now.

** INCLUSIONS.

- Epsom salt baths to help soothe and heal the skin

Supplements & Dosage

1. BIOME Baby: 1 sachet daily, into one formula bottle of the day. (For microbiome repair and healing - reducing gut inflammation)

For your own safety and to maintain prescription efficacy we do not recommend self-prescribing or sourcing alternative supplements as ingredients may differ.



SCAN ME

The success of my business is based on word of mouth. If I've helped you or your family, I would greatly appreciate a review. You can leave a review by scanning the QR code.

Follow Up Appointment

4-6 weeks

Practitioner Contact Details

Casey Jones,
AdvDip NutMed, BComp Med
57135585
www.carter-nutrition.com
carter.nutrition@outlook.com

Additional Information relevant to optimising your treatment outcomes at Carter Nutrition:

If you need to contact me, email carter.nutrition@outlook.com

For urgent concerns or matters regarding to your treatment and progress, please make a consult time to discuss.

- In the interests of best treatment outcomes for you, emails are reserved for brief questions from your consult, or to address prearranged follow ups

- Please note changes to your prescription and consideration of new information relevant to your circumstances will require an appointment, and generally are not able to be reviewed via email



Shenoy family
has of
lactose-
intolerance

IgG Food Intolerance Test NEW client

Initial form for Food Intolerance Testing

First name *

Murphy

Last name *

Leys

Phone number *

+61 401 616 172

Email *

ebaker8@live.com.au

Preferred contact method *

Text

Date of birth *

11/07/23

Smo.

Street address *

85 george street

City *

gunnedah

State *

New South Wales

Zip *

2380

Emergency Contact Information? *

josh leys 0459 597 209

How did you hear about us here? *

friend

very explosive
all out of
control

What is your main health concern today? How long has this been going on? *

vomiting and diarrhea after feeds

Are you seeing any other practitioners? Please list names and professions... *

no

Please list any medications you are currently taking and dose/frequency? *

nil

mastitis twice
thru.
vaso spasms.

} made breastfeeding
difficult.

12 wks = introduced formula
bottle.

↳ vomiting onset around
this time.

↗ cows milk based

→ changed to Aptamil sensitive
+ breast milk

→ This way even shed

↳ MAX. 3x bottles
per day.

BM:

2x/day

can be v. runny

- some discomfort
→ but not as bad
as it was.

2 days
after
full cream
milk.

↗ has also
generally
unhappy
→ not like
her.

→ still some random
spit ups + random
voms.

) some
here + there.

→ no issues w/
trapped wind.

→ mum has had ABx. time.

→ nil ABx ~~from~~ for herself

Please list any naturopathic/nutritional/herbal supplements you are taking, including brand names and dose? *

nil

Have you recently removed any foods/food groups from your diet consistently for more than 3 months? Please list *

i have gone on lactose free milk

Are you allergic to band-aids? *

☐ Yes

☒ No

Please note: This is a 30 minute wait time for the results, If you choose to leave the clinic during this time, it is appreciated that you return on time, as this allows for other clients appointments to run on time. *

☒ I agree

Are you happy to receive occasional newsletters from the clinic with health information, news and updates? *

☐ Yes

☒ No

Business Policies

Policy

DISCLAIMER: CarterNutrition, contracting from Jayne Sharpham Naturopathics, is not a medical practice. Casey does not diagnose, perform any medical procedures (however health screening tools, physical examinations/assessments may be used) or give medical advice. Casey cannot advise on a person starting or stopping prescribed medications. She treats the whole person not just the disease and no orthodox prescribed medication is used in the clinic. Natural remedies are used instead. Please note that all consultations with CarterNutrition are confidential. However, in the event that information shared during your consultation is of self harming, the intent to self harm or the in the event that harm may come or has already come to others, Casey will need to break confidentiality to inform the appropriate professional services. I have read and understood the above information and I have answered the questions relating to my medical history to my fullest knowledge. I give my consent for nutrition and or naturopathic treatment and I understand it is my responsibility to tell my practitioner if my medications or health changes throughout the course of my treatment.

I understand this is not a food allergy test and does not diagnose food allergies.

By signing this disclaimer, you agree to all of the above.

Signature

I give consent to cancellation and liability information *

febrile convulsions when younger
→ more since birth.

birth

- longer labour
- straight forward.
- no interventions.

A handwritten signature in blue ink, consisting of several loops and a long horizontal stroke, resembling a stylized 'M' or 'L'.

Signed by Murphy Leys