

Treatment Plan for Brooke Ryan

12/6/24

Prepared by Gretchen Cooper

Health Goals

- Support gut health
- Increase beneficial bacteria
- Improve symptoms of constipation and bloating

Action Steps

- General health check with GP for routine bloodwork and preventative health due to family history of cancer– email results once received for me to review.
- Simple nutritional changes or things to implement to support gut health.
- Supplements recommended via Vitally link in email for easy delivery right to your door.

Dietary Recommendations

- A cup of warm water with lemon upon waking– this has been found to kick start digestion and improve bowel movements when taken first thing in the morning.
- Coffee – try and consume this 15–20 minutes either side of eating as it can reduce the absorption of vitamins and minerals from your food.
- 2 kiwi fruit a day can relieve constipation and improve bowel movement frequency. They can also help reduce bloating due to their natural digestive enzymes. Try including in your first morning meal, and then *before* a major meal like dinner to support digestion of heavier foods.
- Other fruit you can use as a digestive enzyme and eaten on an empty stomach before a meal, include pineapple, papaya and mango. Just a small serving can really help get things digesting!
- Avoid having fruits after a meal while you are working to reduce bloating. Fruit digests a lot quicker than a complex meal so it can start to ferment and cause bloating while waiting behind a big meal to digest.
- Limit gluten and dairy for 1–3 months until bloating eases and bowel movement frequency improves. These can be slowly introduced back in when your tummy is feeling much better.
- Chew food thoroughly and be mindful and present while eating
- Ensure adequate water consumption, approximaly 2.5litres of filtered water a day, herbal teas are included :)
- Incorporate more fruits, vegetables, and whole foods into your diet to support your gut bacteria.
- Prebiotic foods are food for ‘probiotics’ so we can incorporate them to help reestablish healthy gut bacteria. These include onion, garlic, leek, asparagus, banana, apples, oats, flaxseeds.
- Include protein rich foods with every meal to support your energy and keep you full.

Herbal Tea Suggestions

Calendula, chamomile, ginger, and peppermint, have a look in your health food store or supermarket for any ‘digestive blends’.



Supplements

I have recommended a gut repair product because after antibiotic use it can get a little damaged and reduce the absorption of nutrients from our food. This will help the probiotics to do their job as well. Continue with the psyllium and chia daily as ‘food as medicine’.

Orthoplex Gut-R Powder

1 level scoop daily mixed in water

Activated Probiotics Biome IBS Probiotic

1 capsule daily before bed

Lifestyle Recommendations

If you feel bloated in the evening after a meal try and have a little walk to get things moving.

Abdominal massage– this is a simple technique that you can use to get bowels moving. Lying down with your right hand in a fist, firmly press into your belly in the direction of this diagram and repeat for around 2 minutes.

It can take time to heal your gut, but it can heal with consistency. I don’t recommend that you have to be perfect all the time, you can enjoy a meal with friends or a treat here and there that isn’t included in the recommended treatment protocols, it’s the habits day by day that build up over time and will get you the results in the end.

