

Client: Lisa Barnett

Presenting Complaint: Altered bowel habits (diarrhoea, constipation), bloating, flatulence, discomfort, brain fog, low energy, low iron.

Health Goals:

1. Normalise stool consistency and gastrointestinal transit time
2. Reduce bloating, discomfort and excessive flatulence
3. Optimise microbiome composition and diversity to increase nutrient absorption, improve energy, and reduce brain fog and sugar cravings

Dietary & Lifestyle Recommendations:

1. **Incorporate yoghurt into your diet to support microbiome health.** *I recommend Vaalia Probiotics natural yoghurt (not flavoured or sugar-free versions as these contain artificial thickeners and sweeteners). An alternative is Activia yoghurt, these products are sugar-free but they do contain stevia (Stevia is a better option than Vaalia flavoured or no-sugar products).*
2. **Increase fibre, protein and healthy fat intake to support microbiome health, normalize bowel movements, increase satiety and reduce sugar cravings.** *Foods such as oats, chia seeds, flaxseeds (eg. bircher muesli/chia pudding, in a smoothie or add to yoghurt), asparagus, sweet potato, legumes, wholegrain rice or pasta. High fibre snack ideas include prunes, dried figs or dried apricots, nuts (raw & unsalted), vegetable sticks with hummus (eg. carrot, celery, capsicum, cucumber), baked beans (low salt variety). Some great recipe ideas are available here: <https://www.bowelcanceraustralia.org/recipes/category/65-high-fibre>*
High protein snack ideas include avocado/guacamole, nut butter, protein balls, eggs, yoghurt, cheese/cottage cheese/cream cheese, tinned tuna or salmon, jerky (caution sodium content) smoked salmon, nuts & seeds (raw & unsalted), edamame or tinned beans, tofu, shredded chicken, hummus, protein powder (add to smoothies). Protein powders I recommend are Happy Way Flavourless Whey Protein Powder, Hemp Foods Australia Organic Hemp Gold and Amazonia RAW Protein Isolate Natural, all available at Chemist Warehouse. For high protein recipe inspiration, check out these sites:
<https://au.myprotein.com/blog/nutrition/guilt-free-recipes-top-8-healthy-snack-ideas/>
<https://www.eatingwell.com/gallery/8066501/high-protein-three-step-snacks/>
<https://www.bbcgoodfood.com/search?q=High-protein+snacks&tab=recipe&diet=high-protein>
3. **Consume apple cider vinegar before meals to aid digestion and reduce bloating.** *Add 1 tsp warm water with 1 tsp apple cider vinegar to 100-150mL warm water and drink prior to lunch (where possible) and dinner.*
4. **Continue to track bowel movements using a diary or an app** (Cronometer). *Alternate apps specifically for recording stool details include PCal PoopTracker, Bowel Movement Tracker IBD, Plop and GoPoop.*

Prescriptions:

1. Yomogi (morning)
2. InnerHealth Neurobalance (evening)
3. BioGaia Gastrus (evening)

Products have been prescribed to support microbiome health and reduce gastrointestinal symptoms. Please take products as directed on your script.

(All products sourced from Vital.ly for dispatch directly to client).