

DATE: 10th February 2022

Prepared for: Hannah Bridgement Prescribing Practitioner: Brooke Monroe 505/45 Brisbane Road, Mooloolaba QLD 4557	Breakfast Before During After			Lunch Before During After			Dinner Before During		After Dinner
Naturopathic Prescription - 4-8 weeks									
Iron advanced - iron, B12, folate support. Take every other day MON/WED/FRI *loading dose, review in 2 months. *Take 30min AWAY from coffee or black tea.	2 caps								
Alkamin Calm - multivitamin, inflammation support *Take 30min AWAY from coffee or black tea.		2 scoops in water.							
Herbal - gut support, stomach acid support, anti-microbial. *You can adjust dinner dose to late afternoon if you would prefer.		9ml						9ml	
Phytozyme - digestive enzyme support.		1 cap			1 cap			1 cap	
PHGG - gut microbiome support. *Start with a pinch morning and night and work you way up to the full dose over a few days.	*1 scoop								*1 scoop
GOS - gut microbiome support. *Start with a pinch morning and night and work you way up to the full dose over a few days.	*1 tsp								*1 tsp
Rapid D *loading dose, review in 2 months.		2 caps							

UF GI Soothe - probiotic, histamine support.									1 cap
Lemongrass tea - biophilia https://www.australherbs.com.au/lemon-grass-organic	½ tsp 1-2 times daily in food or as a tea								

Dietary & Lifestyle:

- Drink up to 2 litres of filtered water daily.
- Avoid processed foods and refined sugars.
- Increase **Essential Fatty Acids** (EFA's) in your diet to enhance skin health by consuming foods like chia seeds (can add to water), nuts and seeds.
- Ensure **adequate protein intake** which will provide essential amino acids for healthy neurotransmitter production, skin and gut health - aim for at least your own body weight in grams every day. When eating a plant based diet make sure you pay special attention to creating "complete proteins". Examples of complete proteins include: quinoa, buckwheat, tempeh, spirulina. AND/OR you can combine proteins to form a complete protein in meals. Combine your proteins from any 2 of these 3 groups:
 - 1. Whole Grains: Brown rice, gluten free oats
 - 2. Nuts & Seeds: Sunflower, sesame, hemp, pumpkin, almonds, walnuts, cashews
 - 3. Legumes: Chickpeas, lentils, peas, black eye beans, kidney beans, bean sprouts
- **Support stomach acid** to help with digestion- warm lemon water in the morning, Apple cider vinegar before meals, bitter foods such as drinking Green or ginger Tea throughout the day or consuming rocket before/with meals.

Therapeutic dietary recommendations to rebalance gut microbiome (Minimum 4 weeks) :

- Refer to microbiome foods handout.
- **Eat mindfully** - chew your food well to optimise digestion.
- Support **Migrating Motor Complex** to help with bowel motility: avoid snacking in between meals (your MMC needs about 3 hours to work), use prokinetics (in herbal).
- Avoid all sugar and processed foods during this time. Including high sugar fruits (focus on berries, kiwi fruit, pawpaw if having fruit).
- Avoid gluten and dairy → these foods are inflammatory and can contribute to intestinal permeability.
 - **Gluten free Alternatives** - try to pick from this list rather than picking GF flour options.
 - Bread → paleo breads (e.g. buckwheat flour, rice flour, almond meal, coconut flour, etc.); sweet potato toast OR Minimal 48-72hr fermented Sourdough. Swap lunch sandwich to wrap - Mountain wrap bread - rice or spelt.
 - Pasta → buckwheat, rice, blackbean pasta.
 - Bran and wheat breakfast cereals → GF muesli and granola (made with buckwheat, quinoa, millet, amaranth, teff, nuts and seeds, coconut flakes, etc.)
 - Soy sauce → tamari
 - Wheat crackers → corn, rice, buckwheat or seeded crackers
 - Pancakes → homemade pancakes with buckwheat flour or banana.
 - **Calcium rich foods** → Tahini, sesame seeds, dark green leafy vegetables, broccoli, sardines, chia seeds, almonds.

- If having dark green leafy greens it's best to blanch or wilt them to reduce oxalates
- **Perform Vagal Nerve Exercises** - the vagus nerve is important in stimulating peristalsis, the action by the muscles of the colon that moves the stool through the bowel. Often this nerve has lost its 'tone' and needs to be strengthened. The exercises include: Gargling - rigorous gargling with water stimulates the vagus nerve in the soft palate. Do multiple times a day and for a few minutes at a time - if your eyes water it is working Gagging- same effect as gargling. Depress tongue with tongue blade or spoon handle and try to elicit a mild gag reflex. Do multiple times daily.
- Try to **avoid high histamine** foods, focusing on low histamine foods to help reduce the burden.
- Consider drinking unsweetened aloe vera juice daily (50ml 2x) to support healthy elimination of fecal buildup. My recommended brand is Aloe Vera of Australia.
- Support butyrate production by consuming foods high in resistant starch (e.g. lentils, peas, beans, cooked and cooled potatoes, rolled oats (GF or steel cut)) or pectin (e.g. avocado, kiwifruit, berries, citrus fruits, pumpkin, zucchini).
- Lower saturated fat intake (avoid: Common dietary sources of saturated fats include butter, coconut products, palm oil, cheese, fatty meats, biscuit, cakes, chocolate and icecream.) - cook with olive oil.
- Consume Polyphenol rich foods - berries, cherries, nuts and seeds, red apples, purple vegetables, coloured grains, olives - 95% of polyphenols are not absorbed by us but utilised by microbes for food.
- Increase dietary Inulin, GOS and Pectin → refer to handout for food sources.
- To reduce Biophila bacterias:
 - Avoid sulphur additives mainly found in wine, vinegar, cider and dried apricots.
 - Of the preservatives to avoid the main ones are; 220 Sulphur dioxide
 - 221 Sodium sulphite
 - 222 Sodium bisulphite
 - 223 Sodium metabisulphite
 - 224 Potassium metabisulphite
 - 225 Potassium sulphite
 - 228 Potassium bisulphite
 - Increase non-starchy vegetable intake: leafy greens (salad mix, baby spinach, rocket, silverbeet, collard greens, kale, etc.), cucumber, capsicum, eggplant, green beans, cauliflower, zucchini, celery, broccoli, cabbage, asparagus, mushrooms, onion, spring onion/shallots, fresh and dried herbs. → **aim for 600g of non-starchy veg intake daily.**
- Limit starchy vegetables/grains/legumes to 1/4 cup per meal.
- Try consuming bone broths with added gelatin for gut healing - 1-2 cups per day is ideal. Supports gut lining health.
- To promote diversity in the gut we should be **aiming for 40 different foods in a week.**
- Dietary **Thyroid support:**
 - Eat **Selenium rich foods** - Include foods rich in selenium such as Brazil nuts, fish, red meat, eggs, sesame seeds (tahini), and mushrooms.
 - Eat **Iodine rich foods** - Eat a variety of foods high in iodine such as sardines, anchovies, salmon, white fish, sea vegetables (dulse flakes, kelp, nori, wakame), sea salt and Himalayan salt.
- Olive Oil → **helps increase the enzyme that breaks down histamine**

- **Reduce histamine foods in diet → refer to low histamine diet hand out. Follow as best you can making sure you are getting enough protein (i.e. you can have small amounts of tofu once daily - focus on quinoa, hemp protein powder, nuts/seeds as protein)**

Low Histamine Foods:

- Freshly Cooked Meat & Poultry (frozen or fresh)
- Freshly Caught Fish (some people who are very intolerant still can't cope with fish)
- Olive Oil → **helps increase the enzyme that breaks down histamine**
- Pasture-Raised Eggs
- Gluten-Free Grains: brown rice & quinoa
- Fresh Fruits: Other than citrus, avocado, tomato, pineapple, bananas and strawberries
- Fresh Vegetables (except spinach and eggplant)
- Coconut milk, Rice milk, Hemp milk,
- Coconut oil & Grass-fed Butter/Ghee
- Organic coffee
- Leafy herbs
- Herbal tea

Anti-fungal topical treatment:

- Mix 3-4 drops of Clove essential oil into 1 tbsp coconut oil - apply 2-3 times per day.

What will happen next:

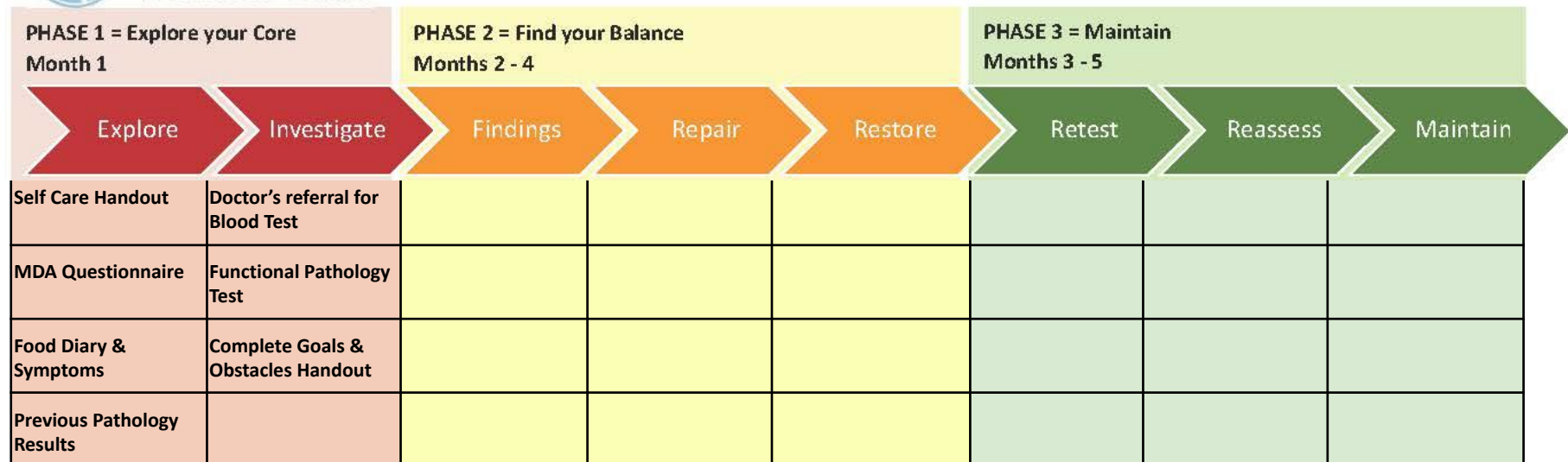
- Book and attend a Follow-up Treatment Consultation where we will review your
 - Review current treatment plan and continue towards your corrective care plan
 - Full health history in more detail
 - Food Diary and Symptoms
 - Review test results

Email me if you have any questions :)



IWC 3 Phases of Care - Explore > Balance > Maintain

5 months



Thank you so very kindly for engaging me on your health journey, I am humbled that you have chosen me. I will do my utmost best to get your health back on track :)