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TREATMENT PLAN FOR : Tarrah Bellamy Date: 11.3.25

Health Goals	<ol style="list-style-type: none"><li><b>1. Eradication of H.Pylori infection</b> through use of antibiotic treatment with concurrent use of specific strain probiotics to mitigate diarrhoea and GIT damage.</li><li><b>2. Restoration of GIT epithelium post-antibiotic therapy</b> in order to reduce chances of reinfection, improve digestive capacity, reduce systemic inflammation that comes from a disturbed gastrointestinal system through use of specific strain probiotics and high quality gut healing powder.</li><li><b>3. Maintenance of current dietary changes</b> and additions, and continuing to reduce processed sugar intake in order to support gallbladder health, maintain healthy cholesterol levels, maintain blood sugar regulation long term.</li><li><b>4. Long term considering the need for supplementation of fat-soluble vitamins A,D,E,K</b> as your low fat diet makes it harder to obtain these essential nutrients.</li></ol>
Diet	<ul style="list-style-type: none"><li>- Maintain current dietary changes – well done you’re doing really great 😊 Keep up the psyllium husk, and try many different lettuce types and colours! Well done reducing sugar intake also, keep going. Consider sugar free lollies?</li></ul>
Lifestyle	<ul style="list-style-type: none"><li>- Make an effort to get more vitamin D especially as summer is leaving us and the cooler months are ahead. I found this cool app called “D Minder” and it tailors your time in the sun to ensure you get enough vitamin D. It considers your location, the weather, elevation, your skin type, clothing worn, how easily you burn etc. It’s actually pretty cool!</li></ul>
Barriers	<ul style="list-style-type: none"><li>- Familial genetic hypercholesterolaemia, coeliac disease.</li></ul>

<b>Referral/Investigations</b>	-
<b>Prescription</b>	<div> <div>  <p>Activated Probiotics Biome Advanced Probiotic 30 caps   10 caps</p> </div> <div> <p>1 cap</p> <p>Once a day</p> </div> <div> <p><input type="checkbox"/> Brand RDD <input type="checkbox"/> Print</p> <p>1 capsule daily, with or without meals Take for 4 weeks after antibiotic use</p> </div> </div> <div> <div>  <p>Designs For Health FloraMyces 60 caps   30 caps</p> </div> <div> <p>2 (4 caps daily)</p> <p>Morning +1</p> </div> <div> <p><input type="checkbox"/> Brand RDD <input type="checkbox"/> Print</p> <p>2 capsules daily during antibiotic use. Continue to use after you have finished taking antibiotics</p> </div> </div> <div> <div>  <p>SunaHealth Labs Clinical Gut Relief 210 g</p> <p>ⓘ Contains sulfites</p> </div> <div> <p>7 g</p> <p>Before bed</p> </div> <div> <p><input type="checkbox"/> Brand RDD <input type="checkbox"/> Print</p> <p>1 level scoop (7 g) daily, mixed with 200 mL water; consume immediately. Best taken before</p> </div> </div> <p>Take 2 caps of FloraMyces (one in the a.m., the other in the p.m.) at the same time as your antibiotic therapy. Separate dose of antibiotic from probiotic by 2 hours. Continue taking FloraMyces even after you finish antibiotic treatment. Empty the capsule out into water/on food</p> <p>Begin taking the Biome Advanced Probiotic 1 capsule daily once you've finished your antibiotics course, until the pack is empty (approx. 4 weeks). Empty the capsule out into water/on food</p> <p>Begin taking the Clinical Gut Relief once you've finished your antibiotics course. 1x7g scoop in water before bed.</p>
<b>Recipes:</b>	-
<b>Return Visit:</b>	- 3 weeks after your antibiotics course has ended.
<b>Other</b>	<p>The co-administration of <i>Saccharomyces boulardii</i> with antibiotics has been shown to significantly reduce the incidence of antibiotic-associated diarrhea (AAD). Research indicates that this probiotic yeast can restore gut microbiota balance disrupted by antibiotics, thereby mitigating adverse gastrointestinal effects.</p> <p><b>Clinical Effectiveness</b></p> <ul style="list-style-type: none"> <li>A study involving 84 children demonstrated that those receiving <i>S. boulardii</i> alongside antibiotics experienced a notable reduction in diarrhea, with only 30% showing symptoms compared to 100% normalization in the probiotic group by day 10 (Marushko et al., 2023).</li> <li>Systematic reviews confirm that <i>S. boulardii</i> is effective in preventing AAD in both children and adults, promoting gut resilience and restoring microbiota balance (Waitzberg et al., 2024).</li> </ul> <p><b>Mechanisms of Action</b></p> <ul style="list-style-type: none"> <li><i>S. boulardii</i> is resistant to antibiotics, allowing it to survive and exert its beneficial effects in the gut (Waitzberg et al., 2024).</li> </ul>

	<ul style="list-style-type: none"> <li>It enhances gut health by modulating microbiota composition and improving immune function, which is crucial during antibiotic treatment(Dey &amp; Das, 2024).</li> </ul>

*NOTE: Lifestyle and dietary recommendations have been provided to support your health goals. If you experience any adverse reactions or discomfort, discontinue the recommendations immediately. We will discuss modifying them during your next appointment. If you have any serious concerns, please contact me for guidance.*

*Herbal medicines have been prescribed as part of your treatment plan. Like any medication, discontinue their use if you experience rashes, diarrhea, digestive issues, allergic symptoms, or any other adverse reactions that you suspect may be related to the herbs. Please notify me immediately if you experience any such reactions.*

*Nutritional supplements have been prescribed to address your health condition. If you experience any signs or symptoms that you believe may be associated with these supplements, discontinue them immediately and contact me. Your health and safety are of utmost importance.*