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TREATMENT PLAN FOR :

Garry Page

Date: 21/3/25

Health Goals	<ol style="list-style-type: none">1. Restore gut health by:<ul style="list-style-type: none">- reducing methanobrevibacter smithii- reducing Geotrichum species- Improving intestinal epithelial health (gut lining)- providing prebiotic fibre for “good” bacteria to thrive upon- introducing populations of beneficial bacteria- reduce gut inflammation<p>By implementing your personalised gut restoration protocol. See below.</p>2. Continue to maintain systemic acid-alkaline balance in body to avoid future issues of elevated uric acid and subsequent gout by continuing to take Basica and through diet.3. Continue to maintain current dietary changes – high fruit and veg, minimal purine rich foods, lots of hydration, quality salt, avoiding alcohol and wheat (unless you wish to try Italian wheat which I am all for!)
Diet	<ul style="list-style-type: none">- Over the next few days see if you can acquire some Italian wheat flour or pasta and see how it reacts on your stomach/bowels (before you start the protocol). If there is no issue feel free to enjoy in moderation. <p>Brands are La Molisana – Woolies Cucina Matese - Coles</p>

	<div>  <p>La Molisana Pastificio Ex...</p> <p>\$4.00</p> <p>Woolworths</p> <p>★★★★★ (576)</p> <p>Rigatoni</p> </div> <div>  <p>Cucina Matese Fusilli No.114...</p> <p>\$2.80</p> <p>Coles Super...</p> <p>\$50 min. order</p> </div>
Lifestyle	-
Barriers	-
Referral/Investigations	- Consider having liver function and uric acid levels re-tested in 6 months via G.P.
Prescription	<h2>Gut Microbiome Restoration Protocol</h2> <p>Phase 1: Pathogen Reduction & Initial Support (20 days)</p> <p>Week 1-3: Multi-herb Antimicrobial- Bactrex Take the antimicrobial with phellodendron, clove, oregano, and thyme as directed Duration: 20 days</p> <p>Week 2-3: Add Zinc Carnosine + Human Milk Oligosaccharides- 2-FL + Zinc Begin 7 days after starting antimicrobials Continue through both phases</p>

	<p>Phase 2: Intensive Repair & Restoration (4-8 weeks)</p> <p>Week 4-8: Partially Hydrolyzed Guar Gum (PHGG) Begin after completing the antimicrobial phase Start with 3g daily for the first 3 days, then increase to 5g daily Take first thing in the morning with 8oz of water, 20-30 minutes before breakfast</p> <p>Week 5-12: IBS Probiotic- Advanced Probiotics Begin 1 week after starting PHGG Continue for 8+ weeks (may transition to maintenance dose)</p> <p><u>Why This Protocol Works</u></p> <p>Antimicrobials First: We need to reduce the pathogen load before intensive healing. This prevents: Feeding unwanted bacteria with healing nutrients Pathogens interfering with repair processes Wasting healing resources in a highly inflammatory environment</p> <p>Zinc Carnosine + HMOs Second: These provide gentle support while still targeting pathogens because: Zinc carnosine strengthens gut barrier without significantly feeding pathogens HMOs (human milk oligosaccharides) selectively nourish beneficial bacteria while being less utilized by many pathogens Together they begin supporting your gut lining while the antimicrobials work</p> <p>Probiotics Third: We reintroduce beneficial bacteria after: Creating "space" in the ecosystem by reducing pathogens Repairing the gut lining to provide a healthy environment for good bacteria Establishing a foundation that allows beneficial bacteria to thrive</p> <p>PHGG Last: Provides prebiotic fibre (food for the good bacteria) for the beneficial microbes to thrive upon and help repopulate. PHGG selectively feeds beneficial bacteria that were previously suppressed by pathogens Creates optimal conditions for your microbiome to rebalance naturally after antimicrobial treatment Promotes production of short-chain fatty acids (especially butyrate) that heal and strengthen gut lining Gradually improves gut motility without causing discomfort Supports recovery of microbial diversity more effectively than direct glutamine supplementation Particularly effective for preventing recurrence of bacterial overgrowth</p>
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Recipes:	-
Other	Return visit if you feel you need after the 8 week protocol.
	Monitor and note progress

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.