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TREATMENT PLAN FOR : Stephanie Creber Date: 18.4.25

Health Goals	<ol style="list-style-type: none"><li>1. Begin gradual reintroduction of certain safe plant foods.</li><li>2. Trial the compounded powder mixture for helping repair gut lining (Partially hydrolysed guar gum, slippery elm, L-theanine)</li><li>3. Commence Golden Seal herbal to help repair gut lining, reduce any "bad" bacteria in the gut and bring down inflammation.</li></ol>
Diet	<p>Food Reintroduction Plan</p> <p><b>Guidelines:</b></p> <ul style="list-style-type: none"><li>- Leave 2 days between trying new foods.</li><li>- Only try 2 bites at a time maximum.</li><li>- If a food is well tolerated, try the same food again after 2 days.</li><li>- If a food is not well tolerated, wait 2-3 days before trying a different food.</li></ul> <p><b>Safe Foods to Trial:</b></p> <ol style="list-style-type: none"><li>1. Pumpkin</li><li>2. Rock melon</li><li>3. Carrots</li><li>4. Cucumber</li><li>5. Possibly coconut yoghurt</li></ol> <p><b>Plan:</b></p> <p><b>Day 1:</b></p> <ul style="list-style-type: none"><li>- Try 2 bites of pumpkin.</li></ul> <p><b>Day 2:</b></p> <ul style="list-style-type: none"><li>- Observe for any adverse reactions.</li></ul> <p><b>Day 3:</b></p>

- If pumpkin was well tolerated, try 2 more bites of pumpkin.
- If not well tolerated, try 2 bites of rock melon instead.

**Day 4:**

- Observe for any adverse reactions.

Carry on in this manner trying the few new foods you feel might be safe every 2-3 days.

If something is well tolerated after a few weeks move from 2 bites to 3, and monitor allowing 1-3 days between trying it.

**Notes:**

- Continue to monitor for any adverse reactions and adjust the plan accordingly.
- Maintain a food diary to track reactions and tolerances.

**Reintroducing Plant Foods After a Carnivore Diet**

After following a carnivore diet to manage your gut issues, slowly reintroducing plant foods can be beneficial for your long-term gut health. Here's why this gradual transition is important and how it can help you:

**Benefits of Careful Plant Reintroduction**

Plant foods contain fibre and compounds that feed beneficial gut bacteria, which produce short-chain fatty acids (SCFAs) that are essential for your gut health. These SCFAs, particularly butyrate, acetate, and propionate, directly nourish the cells lining your colon and help maintain the gut barrier.

When you reintroduce plants slowly:

- Your gut bacteria can gradually adapt to the new food sources
- You can identify which specific plants might trigger symptoms
- You can build microbial diversity without overwhelming your system

**How SCFAs Help Your Gut**

When fibre is fermented by bacteria in your colon, the bacteria produce SCFAs that:

1. **Feed your colon cells:** The cells lining your colon use butyrate (a SCFA) as their preferred energy source, helping them stay healthy and functional.
2. **Reduce inflammation:** SCFAs help regulate your immune system and reduce inflammation in the gut, which is particularly important for conditions like possible IBD and leaky gut.
3. **Strengthen gut barrier:** They help maintain the tight junctions between cells in your intestinal lining, reducing intestinal permeability ("leaky gut").

	<p>4. <b>Promote beneficial bacteria:</b> SCFAs create an environment that favours beneficial bacteria over harmful ones, helping to correct dysbiosis.</p> <p>5. <b>Improve bowel movements:</b> They stimulate proper muscle contractions in your intestines and help maintain proper water balance, supporting regular, healthy bowel movements.</p> <p><b>Taking It Slow</b></p> <p>The key is to introduce plant foods gradually, starting with well-cooked, easy-to-digest options in small amounts. This gives your gut microbiome time to adapt and reduces the chance of triggering symptoms.</p>
<b>Lifestyle</b>	<ul style="list-style-type: none"> <li>- <b>Reflect on what you need to feel safe</b> in order to regulate your nervous system. Think up an “ideal” scenario (eg: a week at a beach side hotel, with a private chef, nanny’s for the kids and friends- this would suggest you need time by nature- especially the water, you need more support with the children, more time to yourself, emotional and physical nourishment). Consider how you can discuss this with your support people (husband, friends etc)</li> <li>- <b>Please take relaxing baths minimum 4 days per week</b> for 20-30 minutes. Use Epsom salts if possible. Use this time to relax and meditate. It might take a while but eventually your body will recognise this ritual, and it will become easier to relax every time you do it. Whilst relaxing in the bath, call upon the spiritual beings you resonate with most and ask for guidance and support with health and healing, give gratitude for what they have already done also. I also love visualisation- visualising your goals. For example, visualising yourself enjoying a roast meal with the fam, eating all the veg that you’ve cooked and feeling your body accept it and feel comfortable – this can help as a manifestation technique (I use this technique to manifest every big thing in my life for the last 5 years!).</li> </ul>
<b>Barriers</b>	<ul style="list-style-type: none"> <li>- Waiting time to see the gastro</li> <li>- Healing time</li> </ul>
<b>Referral/Investigations</b>	<ul style="list-style-type: none"> <li>- Microbiome map when finances allow</li> </ul>
<b>Prescription</b>	<ul style="list-style-type: none"> <li>- Golden seal 3ml per day (anything from 2-4 ml is ok if it’s hard to get 3 exactly).</li> <li>- NervaCalm- take as often as required.</li> <li>- Trial the new compound powder (PHGG, Slippery elm, theanine). Email me if you want a full container (\$55) and we can organise a pickup time.</li> </ul>
<b>Recipes:</b>	-

<b>Other</b>	Return when you've finished your Golden Seal, approx. 4-5 weeks. We can evaluate how food reintroduction is going, how the herb has worked and the powder.

*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.*