



## TREATMENT PLAN

**CLIENT:** Anika Donnelly

**DATE:** 1/5/25

**Practitioner:** Leigh Gibbs

### TREATMENT AIMS:

#### Initial Appt:

1. Reduce bowel frequency
2. Reduce GIT inflammation
3. Support healthy iron levels
4. Improve nutrient absorption

#### Follow Up Appts

5. Assess progress
6. Repair gut lining
7. Balance dysbiosis
8. Balance hormonal cycle
9. Improve Immune Function

### Dietary /Lifestyle Requirements:

DAIRY - please remove from diet. Your stool test indicates there is a probable lactose intolerance.

GLUTEN - whilst we are trying to reduce the inflammation in your GIT, I suggest reducing the amount of Gluten you are consuming. Please use rice based or lentil based pasta. And consume sourdough if eating bread - in moderation.

SLIPPERY ELM - purchase the powder and put in your smoothies. It helps soothe irritation in the GIT and will help bulk up stools.

IRON - please introduce at least 2 servings of iron rich food per week. And consume with Vit C rich foods for absorption.

POTASSIUM - increase potassium rich foods. Avocado, sweet potato, bananas, white beans. Coconut water is great - but choose a low sugar one.



**CALCIUM** - please increase calcium rich foods in your diet. Bok choy, leafy greens, nuts and seeds, tofu (organic), tahini. Try to eat 1 serve per day at least - perhaps take some tahini and veg sticks/nuts, or apples w nut butter to school? Or snack on when you get home. You can also add tahini to smoothies!

**FIBRE** - please increase the variety of fruits and vegetables, oats and brown rice in the diet. These feed the good bacteria in our large bowel. We need to balance the dysbiosis in your gut. Best to eat cooked veg so it is not too harsh on the bowels. Please avoid citrus fruits. Include the following:

Cranberries, pomegranate, raspberries, blueberries, walnuts, (all high in ELLAGIC acid which will increase your IPA levels - important for healthy gut function)

**WATER** - please ensure you are drinking at least 1.5L per day (6 cups) you may add a tiny pinch of Celtic sea salt to your water bottle to increase hydration. (Celtic sea salt is rich in minerals)

**AVOID** - fried, processed foods. Spices, refined sugar & citrus fruits.

**\*\*If you experience any discomfort when eating, or exacerbation of symptoms, please note down what you have just eaten\*\***

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## SUPPLEMENTS:

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- BioHeme Iron - increase iron and red blood cell health. Only take for 1 month.

DOSE: 1 capsule every 2nd day in the morning, before food. Mon/Wed/Fri

- GenoMulti Active - to support nutrient status, energy and reduce inflammation.

DOSE: 1 capsule every 2nd day, with food in morning, \*\*alternating with the Iron\*\* T/Th/Sat

- Calc Phos Spray - support healthy calcium levels & bowel function.

DOSE: 4 sprays 2 x daily.

- GIT MEND HERBAL MIX - to reduce bowel frequency, lower GIT inflammation & support immune & nervous system function

DOSE: 2.5ml after meals, 2 x day. Morning & Evening. Increase to 5ml after 2 weeks.

- SB FLORA ACTIVE - reduce diarrhoea, support microflora.

DOSE: 1 capsule at night.

## Supplement Schedule:

SUPPLEMENT NAME	MORNING	MIDDAY	P.M	BEFORE MEAL	WITH MEAL	AFTER MEAL
Iron - M/W/F	1 capsule			✓		
GenoMulti B - T/Th/Sat	1 capsule				✓	
Calc Phos Spray	4 sprays		4 sprays			
GIT Mend Herbal Mix	2.5ml		2.5ml			✓
SB Flora Active			1 cap			✓



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**Referrals and Testing:** Depending on progress, SIBO might have to be investigated.

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**Next Appointment:** Saturday 24th May 9am TBC

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