



Treatment Plan- Taylah Hibbert
19/04/2025

The following recommendations aim to address the main health concern you came to address today which was ongoing diarrhoea which is affecting your everyday life.

Suggested Supplement

Enterocare (by Biomedica)- a unique soothing and rebalancing formula for the gut which assists in relieving diarrhoea, healing the lining of the gut and supporting the growth of healthy gut bacteria.

Dosage: 1 teaspoon (5g) in water or sprinkled over food once per day. Take 2 hours away from other medication. Contains fibre therefore, ensure adequate intake of fluids.

Other Recommendations

Make some adjustments to your diet in order to reduce foods that could be contributing to diarrhoea and aggravating your gut.

- Reduce intake of energy drinks as they contain caffeine (which you've mentioned can cause diarrhoea) and are often high in sugar. Aim for once to twice per week initially. Also reduce intake of coke zero as it also contains caffeine.

You may like to consider other drinks such as Matcha tea (powered form of green tea) for a more sustained and natural lift in energy (you can buy from Coles or health food shops. Aim for organic where possible).

- Increase water intake to approximately 2L per day. The amount you need is based on your size, environment and level of exertion so it is a guide only.

Adequate water intake helps to maintain good brain function, eliminate toxins and aids digestion. Try adding some fresh lemon to water or having hot water with ginger (bruise ginger first). Coconut water is an excellent natural source of electrolytes (which helps hydration) so you might like to try this and can be counted as part of your water intake.

- Continue using herbal tea provided as part of your daily routine (Peppermint and Lavender). Peppermint is an antispasmodic with an affinity for the digestive system which can reduce stomach cramping and other GIT symptoms. Lavender is excellent at reducing anxiety and nervous tension within the body.
- Consider ways to better manage and reduce anxiety. This may include going for regular walks (aim for 3 times per week initially) or a grounding exercise such as noticing 5 things in your environment at times of feeling overwhelmed.

- Avoid highly processed, high sugar and saturated fatty foods where possible.
- A wholefood approach to eating is recommended and avoid processed foods. Include lots of vegetables, fruit (limit), good fats (e.g. olive oil, avocado, almonds), oily fish where possible (e.g. sardines, salmon) and wholegrains (limit).

Follow up Appointment

It would be great to get you back for a follow up appointment. At this time, we would review the current treatment plan and consider discussing the following:

- Review recent blood test results and consider iron supplement if indicated.
- Discuss further ways to reduce and better manage anxiety.
- Look more closely at diet and provide further guidance on anti-inflammatory foods. Consider other foods in current diet which may be aggravating diarrhoea.
- Discuss use of the contraceptive pill.
- Consider other natural ways of improving general energy levels and reducing fatigue.