



Treatment Plan- Jo Small

17/01/2025

The following recommendations aim to address the main focus of our consultation which was ongoing gut issues, fatigue and feeling generally unwell.

Suggested Supplements:

Enterocare (by Biomedica)- a unique soothing and rebalancing formula containing prebiotics, probiotics, glutamine and slippery elm. This formula may relieve diarrhea and assist in healing the lining of the gut, in addition to supporting the growth of healthy gut bacteria.

Dosage: 1 teaspoon (5g) in water or sprinkled over food twice per day (morning and night if possible or whatever works). Take 2 hours away from other medication. Contains fibre therefore, ensure adequate intake of fluids.

MagCalm (by Orthoplex)- containing a highly absorbable magnesium which is good for supporting hundreds of chemical processes in the body including helping to reduce fatigue, promoting restful sleep, supporting a healthy stress response and healthy nerve function. This formula also contains Passionflower, an herb which assists with insomnia, excessive thinking and anxiety and Lemon Balm, which relaxes the nervous system and also assists with insomnia and anxiety.

Dosage: 2 scoops in water, once per day (night)

OR

Magnesium Glycinate (by RN Labs)- containing a highly absorbable magnesium which is good for supporting hundreds of chemical processes in the body including helping to reduce fatigue, promoting restful sleep, supporting a healthy stress response and healthy nerve function.

Dosage: Take 2 capsules twice daily

Other Recommendations

- If possible, I'd highly recommend requesting Iron Studies, Lipid Profile, Fasting Glucose, Fasting Insulin, Vitamin B12 and Vitamin D to be included on your next blood test to rule out any deficiencies which could be contributing to your fatigue and tiredness.
- Remove Gluten containing foods from your diet for the next two weeks to see if this makes a difference to your gut symptoms.
- Set some time aside for yourself (even 20mins a few times a week). You may like to consider going for a walk, gardening, reading, meditation (whatever makes you feel relaxed and happy).
- Aim to eat one protein source (nuts, seeds, legumes, eggs, tahini paste, chia seeds, fish and shellfish, lean meat) at each meal and increase good fats in your diet. Monosaturated fats (considered good fat) are good for the heart, reducing inflammation and reducing cholesterol (olive oil, avocado, nuts and seeds) along with many other health benefits.
- Try to form a habit of drinking more water per day (approx. 2L p/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).
- 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). There is research to suggest that a Mediterranean-style diet has many health benefits which in essence includes foods such as those listed above and reduces grains and animal products.