

**Client:** Lisa Barnett

**Initial Complaint:** Altered bowel habits (diarrhoea, constipation), bloating, flatulence, discomfort, brain fog, low energy, low iron.

### **Health Goals (maintenance phase):**

1. Maintain normal stool consistency and gastrointestinal transit time
2. Avoid bloating, discomfort and excessive flatulence
3. Optimise microbiome composition and diversity to increase nutrient absorption, enhance energy, and reduce brain fog and sugar cravings

### **Dietary & Lifestyle Recommendations (ongoing):**

1. **Continue to consume yoghurt to support microbiome health.**
2. **Continue to consume apple cider vinegar before meals to aid digestion and reduce bloating.**
3. **Continue to consume adequate fibre to support microbiome and metabolic health - Aim for 5 serves of vegetables and 2 serves of fruit per day.**  
*Maintaining adequate fibre intake is critical to maintaining a healthy gut. I have attached some information regarding fibre sources and serving sizes.*  
*If you are at all concerned about achieving adequate daily fibre intake, you may wish to consider a fibre supplement which can be added to smoothies, yoghurt, beverages and other meals. I recommend Partially Hydrolysed Guar Gum (also known as SunFiber), which is available from chemists, or I can arrange this online for you via my supplier.*  
*I have also attached a copy of my Plant Diversity Challenge Checklist – the challenge is to try and consume 30+ different types of veg, fruits, herbs, nuts or seeds each week to support microbiome diversity. This might be a fun activity to get the whole family involved in!*
4. **Continue to consume adequate protein to enhance satiety, stabilize blood sugar levels and reduce cravings – Aim for a palm sized portion of protein (approx. 40g) at every meal.**
5. **Reduce dosage of previously prescribed products.** *From January, reduce dosage of all products to 2-3 times per week until complete. No repeats required. Refer information below.*
6. **Attend your GP clinic in January 2025 for blood test to evaluate Iron Levels.**  
*The work we have done to support your microbiome will reduce inflammation and enhance nutrient absorption, however if testing reveals your iron levels are still inadequate, I recommend making an appointment with myself to arrange a quality Iron supplement to boost iron levels and therefore energy.*

### **Prescription:**

1. Yomogi (morning)
2. InnerHealth Neurobalance (evening)
3. BioGaia Gastrus (evening)

### **AMENDMENT TO DOSAGE:**

**\*\*\*Reduce dosage from daily to 2-3 times per week from January and continue until products are completed. Nil repeats required\*\*\***

Products have been prescribed to support microbiome health and reduce gastrointestinal symptoms.