

## Treatment Plan- Anne Cay

14/10/2021

### Recommendations- Stage 1

Address the main health concern you came to discuss today which is IBS and the associated symptoms you have been managing for a number of years.

#### Suggested Supplements:

**RejuvaCALM FORTE** (by Bio-Practica)- this is a herbal formula in capsule form. It is designed to support and relax the nervous system, help the body to cope with stress, alleviate anxiety, decrease nervous tension, and assist in reducing nervous stomach discomfort.

Dosage: 2x capsules in the morning with food (breakfast)

**PermaHEAL** (by Biopractica)- this is also a herbal formula in powder form. It is designed to soothe and heal your gut and reduce inflammation. It is also a prebiotic which acts as a fertiliser for the good microorganisms in your gut and encourages them to grow.

Dosage: 2 tsp (6g) in water with dinner

**Ultra Flora GI Soothe** (by Metagenics)- this is the probiotic you have used previously. It is a clinically proven probiotic strain specifically for IBS. It is designed to relieve intestinal pain and inflammation.

Dosage: 1 capsule before bed

#### Dietary Advice:

- Download the Monash Uni FODMAP APP and consider reducing some of the known high FODMAP foods. FODMAPS are a large group of dietary sugars and there is increasing research to suggest that this group of sugars can trigger IBS symptoms.
- Consider making notes of any IBS symptoms you experience after eating to try and get a clearer picture of foods causing reactions.
- Increase water intake aiming for 3 cups per day initially.

Keep up the good work with your exercise and aim for at least 30mins each day.

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### **Recommendations- Stage 2**

It would be great to get you back for a follow up consultation in 4 weeks if possible (although I know it's a difficult with work). Let me know if you're interested and I'll book you in. At this time, we could review your treatment and monitor your progress. I suggest we also consider the following:

- Complete further investigative tests to rule out other inflammatory diseases which could also be causing your symptoms e.g. Inflammatory Bowel Disease (although this may have shown up if present during a Colonoscopy, not sure) and SIBO. I believe for Inflammatory Bowel Disease they would do blood tests and stool samples in addition to Endoscopy/Colonoscopy. I think it's worth talking to your Dr about and letting her know you've never had any investigative tests to rule out other things.

There are also functional tests which we can organise (these can be expensive and are not through a GP), there is a specific test for SIBO (through Dr Nirala Jacobi which is also not through your GP and we can organise but about \$130).

- Reduce indigestion
- Ensure parathyroid issues are closely monitored and reviewed
- Review next blood test results and identify any possible sub optimal results
- Look at dietary recommendations and suggest snack and meal ideas