

Treatment Plan- Anne Cay

05/03/2022

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:

Metagenics Fibroplex MagActive- magnesium is important for hundreds of chemical reactions in the body including supporting good energy levels, reducing fatigue and managing stress.

Dosage: 1 tablet per day with food

Rescue Remedy Sleep- contains the original rescue remedy along with White Chestnut, an additional Bach Flower remedy used to relieve mental overactivity and sleeplessness

Dietary

Try and avoid some of those foods you know causes your stomach to react.

Recommendations- Stage 2

Implement other strategies to further reduce IBS symptoms

- Commence **Nutrition Care- Gut Relief** which soothes and protects the GIT while providing relief of medically diagnosed IBS and associated bloating, abdominal pain and cramping
- Download My Fitness Pal or similar to your phone to record a 3- day diet diary. This will help to identify foods causing the most significant irritation and also identify any nutrients you may be lacking
- Commence **BioMedica BioHeme** in place of the other Iron supplement you had a reaction to. This Iron supplement is easily absorbed, does not cause stomach irritation and does not contain calcium.

Dosage: 2 tablets every second day

- Ensure parathyroid issues are closely monitored and reviewed
- At next Dr's appointment, discuss your Iron levels and have tested if were not included on most recent

Next Appointment: TBC