

Client: Paul Matthews

Presenting Complaint/s: Brain fog/cognitive difficulties, fatigue, constipation/motility issues, post-prandial bloating, social anxiety, sore and stiff joints

Health Goals:

1. Normalise stool consistency and gastrointestinal motility, reduce bloating.
2. Reduce brain fog and fatigue, improve cognitive function.
3. Improve joint motility and reduce joint pain.

Dietary & Lifestyle Recommendations:

1. **Increase fibre intake.** *To soften stools, reduce constipation, enhance gut motility and promote the growth of beneficial gut bacteria species, therefore increasing butyrate production which supports gut barrier integrity.*

I recommended consuming either kiwi fruit (2 per day) or prunes (3-6 per day) daily, both of which are proven to reduce constipation (Hiltona Organic Prunes or Verity are my suggestions).

The recommended daily intake of fibre is ~40g/day. I have also included my Plant Diversity Checklist and recommend trying to include more vegetables, nuts, seeds and legumes (soaked prior to consumption) into your diet each week. It's best to incorporate different sources of fibre slowly to allow the gut to adjust, so start with ¼ cup of a new plant food at a time to avoid worsening of constipation. Increasing hydration is also important when increasing fibre intake.

2. **Increase water intake.** *To soften stools, reduce constipation, lubricate joints and aid in elimination of waste.*

Aim for 2 litres of water per day. To make water more interesting, you can add lemon or lime juice, or steep and chill your favourite herbal teas. Alternatively try sparkling mineral water (not soda water, choose an unflavoured variety). There are also a range of apps that can help you to remember to drink more water (Plant Nanny, Water Minder).

3. **Eat mindfully.** *To aid in digestion and reduce bloating.*

It's important not to rush when eating meals, as this can contribute to bloating and reflux. By adopting an upright posture, avoiding distractions such as TV/screens and chewing each mouthful thoroughly, we allow our digestive system time to produce sufficient digestive enzymes, and allow ourselves to be more attuned to signals of fullness (satiety – it takes approximately 20 minutes for the stomach to feel 'full').

4. **Increase omega 3 intake.** *To help reduce inflammation and joint pain, and improve joint mobility.*

Great sources of omega 3 include oily fish (sardines, mackerel, salmon, anchovies = approx. 4g omega 3 per 100g), walnuts (1/2 cup = 2g) flaxseeds (freshly ground, 1 tbsp = 2.3g), and chia seeds (soaked, 1 tbsp = 2.5g). Omega 3 is also found in hemp seeds, eggs and grass-fed meat and dairy. The average daily intake is around 160mg/d.

And as per your previous treatment plan:

- **Continue to track bowel movements using a diary or an app.** *To aid in the evaluation of the efficacy of treatment at our next appointment, please continue to record your bowel movements.*

- **Continue to increase movement and physical activity levels.** *To increase blood flow and aid gut motility, physical activity also helps to promote beneficial bacteria species therefore increasing butyrate production. Increasing movement can also increase joint motility and therefore reduce pain.*