

18/09/2025

Follow Up Appt around November after 4 weeks of dairy free: Click or tap to enter a date. **@1pm for Nutrition & symptom review**

Please email any previous test results to info@perthnaturalhealthnutrition.com.au

Referrals:

- See the GP to discuss the ongoing issue of incomplete evacuation and consider a referral for a colonoscopy or other investigations. Also advised to speak to a pharmacist about using a gentle osmotic laxative such as Osmolax or Movicol.
- See GP for general blood tests to include iron and vitamin D before we add supplements for these in.

Health priorities:

- Regulate bowel function to achieve complete evacuation.

Health goals:

- To trial a strict one-month dairy-free diet following the family holiday to assess its impact on stool consistency, completeness of stool evacuation and gas.
- **Try using a stool** to rest Imogen's feet to raise the knees above the hips: opens the anal canal more so the stool can be passed easily.
- Gradually introduce dairy-free milk alternatives to improve palatability and acceptance over the next few weeks.
- To ensure daily calcium intake of approximately 1300mg through fortified milk alternatives, nuts, seeds, and green leafy vegetables during the dairy-free trial. See calcium handout.
- To monitor stool form and associated symptoms via a food, stool and symptom diary.
- Add GI-revive and Biome lax probiotic into smoothies to assist with taking these on a regular basis.

Handouts emailed:

- Dairy-Free Alternatives (including calcium content and additive information).
- Calcium-Rich Foods (including recipes).
- Link to vegan sweets and desserts on the Coles website.
- Food, symptoms and bowel motion diary

Supplements – pg. 2

Nutrition & other: pg. 3

Supplement Prescription:

Supplement	Dose			Reason
	Breakfast	Lunch	Dinner	
Gluten Relieve Take as needed when eating gluten.	Take 2 capsules with water, immediately before consuming foods containing gluten. If incidental consumption can be taken immediately after eating. If she starts to get reflux, take 1 capsule with main meals until reflux is resolved.			Breaks down gluten protein in case of ingestion. Helps to break down foods in the stomach and intestine.
Gastromend 14/8 – do one more bottle reduce to once daily.	1 capsule daily until the bottle is complete.			H.pylori treatment can support minor anti-inflammatory actions.
Biome lax probiotic	1 capsule daily with or without food.			Lactobacillus plantarum LP01 and Bifidobacterium breve BR03. found to significantly improve the frequency of bowel movements, consistency of stool, ease of evacuation, sensation of complete emptying, and abdominal bloating. L. plantarum strains can improve mucosal immune response and provide defense against antigens such as antigliadin IgA.
GI revive	½ scoop once daily with water.			Maintain GI structure, function & repair, intestinal barrier integrity, support immune function, reduce mild GIT inflammation, antioxidant support, anti-inflammatory.

Please follow the guidelines and recommended dosages as directed. Do not add or remove supplements without notifying us.

If you have any issues or concerns please consult with your practitioner

Nutrition:

- Commence a strict one-month dairy-free elimination diet after returning from the family holiday (post 19/10/2025).
- Keep a detailed food and symptom diary, noting any changes in BM, wiping, and any other symptoms.
- Attempt to take a photograph of the stool for assessment of consistency at the next review.
- Begin transitioning to dairy-free milk alternatives (see handout). Start by mixing a small amount (1/8th cup) of soy or almond milk with regular cow's milk, gradually increasing the ratio of the alternative milk over time to allow for taste adaptation.
- When preparing smoothies, use water as the base instead of milk and add the GI revive and Biome lax probiotic to the smoothie: For laxation try half a kiwi fruit, a small amount of pineapple, 1 prune, 1 handful of spinach, add the supplements and 200mls of water.
- Replace dairy-based ice cream with dairy-free alternatives. Options are provided in the handout.
- Continue to increase intake of legumes and beans to a few times per week.
- Ensure adequate fluid intake throughout the day to support fibre function. Consider a larger water bottle for school
- Continue with the daily porridge, ensuring a good variety of fibre sources.
- Support potential sluggish bile flow, consider incorporating foods that stimulate bile production and flow, such as beetroot, artichoke, and bitter greens (e.g., rocket, radicchio), into the diet. This could aid in fat digestion and potentially reduce stool stickiness.

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If you have any issues or concerns please consult with your practitioner