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TREATMENT PLAN FOR : Jenny Lynn

Date: 21/11/25

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| Health Goals | <ol style="list-style-type: none"><li>1. Continue SIBO protocol for another 4 weeks.</li><li>2. Improve tolerance to a greater variety of foods (see trial food list below)</li><li>3. 1 bowel movement per day</li></ol> <p>LONG TERM GOALS:</p> <ul style="list-style-type: none"><li>-Manage endometriosis/avoid SIBO relapse due to adhesions (I will investigate)</li><li>-Explore oxalate sensitivity and reduction of that (for me to investigate also!)</li><li>-May consider BioMatrix (amino acids) for gut healing if leaky gut persists after SIBO treatment.</li><li>-May consider colostrum in the future for gut integrity.</li></ul>  |
| Diet         | <p>Start low and slow.<br/>(Phase 2 = Continue low-FODMAP + low fermentable carbs, but gradually broaden variety.)</p> <hr/> <p>✅ <b>Phase 2 Biphasic Diet &amp; Low Oxalate Food List</b></p> <p><b>1. Proteins</b><br/>(All low oxalate and gut-friendly)</p> <ul style="list-style-type: none"><li>• Chicken (all cuts)</li><li>• Turkey</li><li>• Beef (including mince)</li><li>• Lamb</li><li>• Pork</li><li>• Eggs</li><li>• White fish (cod, basa, tilapia, whiting)</li><li>• Salmon</li><li>• Sardines</li><li>• Tuna</li><li>• Shellfish (prawns, scallops, mussels)</li><li>• Bone broth (no high-oxalate veg)</li></ul> <hr/> <p><b>2. Vegetables – Low Oxalate + Phase-2 Friendly</b></p> |

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|  | <p><i>(Start introducing cooked, then raw as tolerated)</i></p> <ul style="list-style-type: none"> <li>• Zucchini</li> <li>• Carrot</li> <li>• Cucumber</li> <li>• Lettuce (cos, butter, iceberg)</li> <li>• Cabbage (green, red, wombok)</li> <li>• Bok choy</li> <li>• Cauliflower</li> <li>• Broccoli (moderate FODMAP in large portions—start small)</li> <li>• Green beans</li> <li>• Mushrooms</li> <li>• Pumpkin</li> <li>• Squash</li> <li>• Celery</li> <li>• Bean sprouts</li> <li>• Kohlrabi</li> <li>• Fennel</li> <li>• Radish</li> <li>• Daikon</li> <li>• Turnip</li> <li>• Swede</li> <li>• Seaweed (nori, wakame)</li> </ul> <p>✗ Avoid high-oxalate veg: spinach, silverbeet, beetroot, sweet potato, okra, chard, rhubarb.</p> |
|  | <p><b>3. Fruits – Low Oxalate + Low FODMAP</b></p> <ul style="list-style-type: none"> <li>• Blueberries (½ cup max)</li> <li>• Strawberries</li> <li>• Raspberries</li> <li>• Kiwi fruit</li> <li>• Banana (firm, not over-ripe)</li> <li>• Papaya</li> <li>• Pineapple</li> <li>• Cantaloupe</li> <li>• Honeydew</li> <li>• Grapes</li> <li>• Mandarins</li> <li>• Oranges (small portions)</li> </ul> <p>✗ Avoid: figs, dates, prunes, dried fruits, blackberries, mango (higher oxalate).</p>  |
|  | <p><b>4. Fats + Oils</b></p> <ul style="list-style-type: none"> <li>• Olive oil</li> <li>• Avocado oil</li> <li>• Coconut oil</li> <li>• Ghee</li> <li>• Grass-fed butter</li> <li>• MCT oil (small amounts)</li> </ul> <p>✗ Avocado is moderate oxalate; keep under ⅛–¼ if sensitive.</p>  |
|  | <p><b>5. Carbohydrates / Grains (Low Oxalate)</b></p>   |

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|  | <p><i>(Phase 2 allows careful reintroduction of some starches)</i></p> <ul style="list-style-type: none"> <li>• White rice (basmati or jasmine)</li> <li>• Rice noodles</li> <li>• Rice cakes (plain)</li> <li>• Quinoa (low–moderate oxalate, start small if sensitive)</li> <li>• Buckwheat (low oxalate when roasted/toasted)</li> <li>• Tapioca</li> <li>• Arrowroot</li> <li>• Sourdough spelt (small amounts if tolerated)</li> <li>• Oats (soaked and cooked; low–moderate oxalate)</li> </ul> <p>✗ Avoid: almond flour, brown rice, sweet potato, regular potatoes (moderate oxalate OK if needed, but many avoid).</p> |
|  | <p><b>6. Nuts &amp; Seeds – Low Oxalate Only</b></p> <p>Many nuts/seeds are high oxalate, so here are the safe ones:</p> <ul style="list-style-type: none"> <li>• Macadamias</li> <li>• Pistachios</li> <li>• Pumpkin seeds (limited)</li> <li>• Flaxseed (1–2 tsp, soaked)</li> <li>• Hemp seeds (small amount)</li> </ul> <p>✗ Avoid high-oxalate: almonds, cashews, peanuts, chia, sesame, tahini, walnuts.</p>  |
|  | <p><b>7. Dairy (if tolerated)</b></p> <ul style="list-style-type: none"> <li>• Full-fat yoghurt (plain, no gums)</li> <li>• Greek yoghurt</li> <li>• Hard cheeses (cheddar, parmesan)</li> <li>• Cottage cheese</li> <li>• Cream cheese</li> <li>• Butter / ghee</li> </ul>   |
|  | <p><b>8. Herbs + Spices – Low Oxalate</b></p> <ul style="list-style-type: none"> <li>• Basil</li> <li>• Oregano</li> <li>• Thyme</li> <li>• Rosemary</li> <li>• Chives</li> <li>• Parsley (small amounts; moderate oxalate)</li> <li>• Dill</li> <li>• Mint</li> <li>• Ginger</li> <li>• Turmeric</li> <li>• Cumin</li> <li>• Coriander seed</li> <li>• Paprika</li> <li>• Salt + pepper</li> </ul> <p>✗ Avoid: cinnamon (moderate), star fruit, cocoa/cacao (very high), turmeric is ok in culinary amounts.</p>   |
|  | <p><b>9. Drinks</b></p> <ul style="list-style-type: none"> <li>• Water</li> </ul>   |

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|                                | <ul style="list-style-type: none"> <li>• Soda water</li> <li>• Herbal teas (peppermint, ginger, chamomile, rooibos)</li> <li>• Green tea (low oxalate)</li> <li>• Electrolyte drinks without sugar or gums</li> </ul> <p>✗ Avoid beet juice, green smoothies, almond milk, cacao drinks.</p>   |
|                                | <p><b>10. Fermented Foods (Start very small)</b></p> <ul style="list-style-type: none"> <li>• Sauerkraut (1–2 tsp first)</li> <li>• Coconut yoghurt (plain)</li> <li>• Kefir (if tolerated)</li> <li>• Pickles (no sugar)</li> </ul>   |
| <b>Lifestyle</b>               |  |
| <b>Barriers</b>                | -  |
| <b>Referral/Investigations</b> | -  |
| <b>Prescription</b>            | <ul style="list-style-type: none"> <li>- Antimicrobials: Continue Alimax 2-3x/day.</li> <li>- Continue Hydrozyme 3x/day with meals for stomach acid support/ help properly digest food as to not feed bacteria</li> <li>- Add Pomegranate extract (whole fruit) 2ml three times a day for selective antimicrobial action and to support beneficial bacteria.</li> <li>- Add Partially Hydrolysed Guar Gum (PHGG) starting at 1/4 tsp daily, increasing slowly to 1 tsp daily to increase butyrate levels, <b>increase bowel movements</b> and improve gut barrier function.</li> <li>- Continue Peppermint oil as needed for trapped wind.</li> <li>- Prokinetic: Trial Golden Seal as a prokinetic. Start with a very low dose (1-2 drops) three times a day with food to assess tolerance and effect on bowel movements. Goal is to prevent relapse by maintaining gut motility and promote <b>daily bowel movements</b></li> <li>-</li> </ul> |
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| <b>Recipes:</b>                | -  |
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| <b>Other</b>                   | Follow up appt in 4 weeks (in the days before Xmas)  |
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*NOTE: Lifestyle and dietary recommendations have been provided to support your health goals. If you experience any adverse reactions or discomfort, discontinue the recommendations immediately. We will discuss modifying them during your next appointment. If you have any serious concerns, please contact me for guidance.*

*Herbal medicines have been prescribed as part of your treatment plan. Like any medication, discontinue their use if you experience rashes, diarrhea, digestive issues, allergic symptoms, or any other adverse reactions that you suspect may be related to the herbs. Please notify me immediately if you experience any such reactions.*

*Nutritional supplements have been prescribed to address your health condition. If you experience any signs or symptoms that you believe may be associated with these supplements, discontinue them immediately and contact me. Your health and safety are of utmost importance.*