



TREATMENT PLAN – Jan Kennings 27/6/21

Diet recommendations

- Foods that trigger reflux/indigestion - coffee, tomatoes, spicy foods, alcohol, citrus, dairy foods and sometimes grains (wheat especially).
- Increase protein with Nuut shakes: <https://nuut.com.au/products/vanilla?variant=42337132773546>
- Avoid inflammatory foods when possible– gluten, cow dairy, limit coffee, refined sugar and alcohol.
- Incorporate foods like fermented soy (Bonsoy, tempeh, katto, edaname), freshly ground linseeds and sesame seeds (including tahini) to support your oestrogen status.
- Drink organic bone broth as often as possible

Assessments

- Order via registration link: <https://invivohealthcare.com/products/diagnostics/gi-ecologix/>

Other

- Oil pulling with coconut oil : <https://www.healthline.com/nutrition/6-benefits-of-oil-pulling>
- Check out 98alive capsules and nebuliser starter kit: <https://www.98alive.co/retail>

Prescriptions

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
RN Labs Folinic Acid		3 caps					
Bioclinical Naturals D3/K						4 gel caps	
Bioconcepts Hydrozyme		1 tab				1 tab	For stomach acid
RN Labs Mag Citrate		2 caps				2 caps	To start after you finish Mag Citrate
Bodybio eLyte		1-2 capful					Sip in water during day

*** Pause everything for one week prior to stool sample***