

TREATMENT PLAN – JAN KENNINGS, 12/8/2020

Diet recommendations:

- Avoid inflammatory foods when possible– **gluten, cow dairy**, limit coffee, refined sugar and alcohol.
- See attached Protein sheet - aim for 85-90g protein a day.
- Eat foods containing resistant starch daily. You may react to these but even a teaspoon of one a day would be beneficial. These foods will be used by your butyrate producing bacteria to produce more butyrate therefore will diversify and strengthen your microbiome and immune system. Resistant starch is found in cooked and cooled potatoes, rice, pasta (pref GF), legumes, cashews, soaked (not cooked) oats. Try to ensure you have at least one of these foods every day.
- Try to eat different legumes every day. If you react try to do a tsp a day of a legume of choice. This helps build the good gut bacteria. E.g. black turtle beans, adzuki beans, red lentils. Fresh is always best, but organic canned ones can also work if needed (just always rinse). Instead of soups make bean and vegetable dishes for lunch or dinner when possible. Eat foods containing a multitude of polyphenols daily. Polyphenols can be found in pomegranates, red-fleshed dragon fruit, cranberries (fresh not dried), red and black rice and quinoa, any type of berry. Eat a mix of these foods daily.
- Low carb vegan protein bars: <https://180nutrition.com.au/product/organic-vegan-protein-bars/>

PRESCRIPTIONS

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Bioactive B		2 caps					
Basica Activ Mineral Salts Pure						1 satchel	For alkalisation
Ribraxx		1 satchel					iHerb
Hydrozyme	1/2-1 tab				1/2-1 tab		For stomach acid
Magnesium Threonate		1/2 tsp				1/2 tsp	
Progut satchels		1 satchel					Daily during treatment
Guar Gum (PHGG)		1/2-1 tsp					Put on food or water