

## WELLNESS SOLUTION TREATMENT PLAN

Name: Kate Winch

Date: 2<sup>nd</sup> February 2024

*Based on your health goals and report of findings, this is your treatment plan for the next 18 weeks.*

### Your Health Goals:

1. I would like to work out exactly what my body easily processes & if I had any proven allergies to anything

### Your Prescription & Dietary Recommendations:

Your natural medicines prescription and dietary recommendations are attached. These have been carefully selected with your health goals in mind. Your prescription may stay the same or progress, be reassessed or adjusted to ensure you achieve the best results. Please be familiar with the information and feel free to ask any questions at your next appointment if you are unsure of any aspects.

### Your Appointment Schedule to Complete This Plan

Week	Date	Time	Length	Purpose
1	02/02/24	8:40am	60mins	Report of Findings – Start Digestive Healing & Body Detox protocol start step 1 (remove yeast/bacteria overgrowths – 12 weeks), step 2 (renew gut flora, function & lining – 18 weeks), explain supplements & Restore Your Gut Diet-1
3			30mins	Assess Digestive steps 1 & 2 – continue, start step 3 (enhance elimination pathways – 16 weeks)
6			30mins	Assess Digestive steps 1, 2 & 3 – continue
9			30mins	Assess Digestive steps 1, 2 & 3 – continue
13			30mins	Assess Digestive steps 1, 2 & 3 – continue steps 2 & 3, start Rejuvenate Your Gut Diet-1
16			30mins	Assess Digestive steps 1, 2 & diet changes – continue, retest stool?
19			45mins	Retesting appointment, review stool results?, to organize food allergy/intolerance testing?

Please ensure at least 24 hours' notice to change any appointments. This enables us to rebook your appointment time. Note that if you cancel within 24 hours of your appointment time, you will be charged a \$100 cancellation fee.

## WELLNESS SOLUTION TREATMENT PLAN OVERVIEW

Time Frame	Focus and Purpose	Goals	Involvement
Weeks 1-18 2-4 week appointments (30mins)	<b>Digestive Healing &amp; Body Detox (18 weeks)</b> Remove opportunistic bacterial and yeast overgrowths from your gut/body, to reduce abdominal bloating, excessive gas, looser bowel motions, low energy, brain fog, skin flare ups, dermatitis and reactions to various foods. Restore beneficial gut flora levels and gut lining, to improve bloating, bowel motions, gas, energy, skin, gut-immunity and general wellbeing. Enhance digestive function, to reduce low stomach acid, reactions to various foods, bloating, skin issues and fatigue. Improve elimination pathways, to help reduce die off from yeast/bacteria, skin issues, dermatitis, fatigue, brain fog and poor sleep. Improve levels of nutrients essential for body to function optimally.	Less bloating, less gas, less loose bowel motions, regular easy to move bowels (x1-3 daily mid-brown sinking sausages), skin less reactive, less dermatitis, more energy, less brain fog, better rested sleep, better able to tolerate a variety of foods, positive moods and feeling more in control of your health.	Short term supplements to support the process and dietary adjustment (Restore Your Gut Diet-1 & Rejuvenate Your Gut Diet-1).
Week 19	<b>Reassessment</b> Are goals achieved?	Track progress	Questionnaires and retesting
Week 27 + 2-6 month appointments (30mins)	<b>Healthy Body &amp; Wellbeing</b> Maintaining the great results you have achieved, continual life improvement and ongoing education.	Healthy body, healthy mind. Awareness and education.	Supplemental, lifestyle guidance and Wellness Diet.



## Restore Your Gut Diet-1 Guidelines

### MEATS & EGGS

- ✓ Serving size is 1 palm-sized portion per meal.
- ✓ Free range egg yolks are orange as the hens have full beaks to eat pastures, seeds, bugs and worms outside in the sun. They're ⅓ less cholesterol, ¼ less saturated fat, 7 times more beta carotene, 3 times more vitamin E, 2 times more omega-3 and don't contain yolk enhancing colouring additives from their feed unlike cage eggs.
- ⚠ If prone to constipation or blood type A, caution consuming red meats.

ENJOY	AVOID
<ul style="list-style-type: none"> <li>✓ Fresh pasture-fed, free range or organic meats/eggs</li> <li>✓ Beef</li> <li>✓ Deer</li> <li>✓ Eggs (free range)</li> <li>✓ Kangaroo</li> <li>✓ Rabbit</li> <li>✓ Chicken</li> <li>✓ Duck</li> <li>✓ Goat</li> <li>✓ Lamb</li> <li>✓ Turkey</li> </ul>	<ul style="list-style-type: none"> <li>✗ Processed, smoked or corn fed meats</li> <li>✗ Bacon</li> <li>✗ Ham</li> <li>✗ Salami</li> <li>✗ Eggs (cage)</li> <li>✗ Pork</li> <li>✗ Sausages</li> </ul>

### SEAFOOD

- ✓ Serving size is 1 palm-sized portion per meal.

ENJOY	AVOID
<ul style="list-style-type: none"> <li>✓ Fresh or canned seafood in water or olive oil including:</li> <li>✓ Clams</li> <li>✓ Mackerel</li> <li>✓ Prawns</li> <li>✓ Squid/Calamari</li> <li>✓ Crab</li> <li>✓ (Atlantic, Chub)</li> <li>✓ Salmon</li> <li>✓ Trout</li> <li>✓ Crayfish</li> <li>✓ Mussels</li> <li>✓ Sardines</li> <li>✓ Tuna (Chunk Light, Skipjack)</li> <li>✓ Dory</li> <li>✓ Octopus</li> <li>✓ Scallops</li> <li>✓ Whiting</li> <li>✓ Flounder</li> <li>✓ Oysters</li> <li>✓ Shrimps</li> <li>✓ Yabbies</li> <li>✓ Lobster</li> <li>✓ Perch</li> <li>✓ Snapper</li> </ul>	<ul style="list-style-type: none"> <li>✗ Smoked, vacuum packed or cured fish</li> <li>✗ Fish susceptible to high mercury such as:</li> <li>✗ Barramundi</li> <li>✗ Shark</li> <li>✗ Grouper</li> <li>✗ Swordfish</li> <li>✗ Mackerel (Gulf, King, Spanish)</li> <li>✗ Tuna (Albacore, Ahi, Bigeye, Blue, Yellowfin)</li> <li>✗ Marlin</li> </ul>

### SOY FOODS & LEGUMES

- ✓ Serving size is approximately 1 palm-size to knuckles portion per meal.
- ✓ Pre-soak dried legumes in water for 24 hours, rinse and cook to break down phytates that are hard to digest.
- ⚠ Caution canned legumes, as they can contain Bisphenol-A (BPA), additives and preservatives.

ENJOY
<ul style="list-style-type: none"> <li>✓ Adzuki Beans</li> <li>✓ Cannellini Beans</li> <li>✓ Haricot/Navy Beans</li> <li>✓ Lupin Beans</li> <li>✓ Soybeans</li> <li>✓ Black Beans</li> <li>✓ Chickpeas</li> <li>✓ Kidney Beans</li> <li>✓ Mung Beans</li> <li>✓ Tempeh (plain)</li> <li>✓ Borlotti Beans</li> <li>✓ Edamame</li> <li>✓ Lentils</li> <li>✓ Natto</li> <li>✓ Textured Soy Protein</li> <li>✓ Butter Beans</li> <li>✓ Fava/Broad Beans</li> <li>✓ Lima Beans</li> <li>✓ Pinto Beans</li> <li>✓ Tofu</li> </ul>

### NUTS & SEEDS

- ✓ Enjoy nut/seed spreads, meals, raw, activated or roasted.
- ✗ Avoid peanuts, cashews, pistachios due to mould. Other nuts/seeds are low in mould but to further remove this, soak them in white vinegar for 80 minutes, rinse in water and put into direct sunlight to dry.

ENJOY	AVOID
<ul style="list-style-type: none"> <li>✓ Almonds</li> <li>✓ Chia Seeds</li> <li>✓ Macadamias</li> <li>✓ Psyllium Husks</li> <li>✓ Sunflower Seeds</li> <li>✓ Brazil Nuts</li> <li>✓ Flaxseeds/Linseeds</li> <li>✓ Pecans</li> <li>✓ Pumpkin/Pepita Seeds</li> <li>✓ Tigernuts</li> <li>✓ Cacao Beans</li> <li>✓ Hazelnuts</li> <li>✓ Pine Nuts</li> <li>✓ Walnuts</li> <li>✓ Chestnuts</li> <li>✓ Hemp Seeds</li> <li>✓ Poppy Seeds</li> <li>✓ Sesame Seeds</li> </ul>	<ul style="list-style-type: none"> <li>✗ Cashews</li> <li>✗ Peanuts</li> <li>✗ Pistachios</li> </ul>

### DAIRY & SUBSTITUTES

ENJOY	AVOID
<ul style="list-style-type: none"> <li>✓ Cheese Aged (Cheddar, Edam, Feta, Gouda, Gruyere, Havarti, Jarlsberg, Leicester, Manchego, Parmesan, Romano, Swiss)</li> <li>✓ Cheese (Goat, Halloumi, Sheep)</li> <li>✓ Cream (Coconut, Sour)</li> <li>✓ Kefir (Milk, Coconut Milk)</li> <li>✓ Milk (Almond, Coconut, Oat, Soy)</li> <li>✓ Yoghurt (Cow, Goat, Greek, Coconut, Soy)</li> </ul>	<ul style="list-style-type: none"> <li>✗ Cheese (Blue, Bocconcini, Brie, Ricotta, Camembert, Coconut, Cottage, Cream, Mascarpone, Mozzarella)</li> <li>✗ Milk (Cow, Goat, Rice)</li> </ul>



## Restore Your Gut Diet-1 Guidelines

### VEGETABLES

✓ Enjoy at least 2 handfuls with each meal. Buy veggies fresh and choose organic if possible.

⚠ If have inflammation, avoid nightshades (capsicum, eggplant, jalapeno, tomato).

^ **The Dirty Dozen fruits and vegetables are often laden with pesticides and chemicals. Buy organic if possible.**

\* **The Clean 15 fruits and vegetables are mostly conventionally farmed using minimal toxins to enhance yield and control pests. These are the safest ones to buy non-organic if unable to buy all organic.**

ENJOY					AVOID
✓ Alfalfa Sprouts	✓ Cabbage*	✓ Gherkins	✓ Olives	✓ Spinach^	✗ Corn Kernels*
✓ Asparagus*	✓ Capers	✓ Globe Artichoke	✓ Onions*	✓ Spring Onion*	✗ Green Peas*
✓ Avocado*	✓ Capsicum^	✓ Green Beans	✓ Pickled Onion*	✓ Sugar Snap Peas	✗ Kimchi
✓ Baby Corn*	✓ Carrot^	✓ Jalapeno	✓ Radish	✓ Swede	✗ Mushroom*
✓ Bamboo Shoots	✓ Cauliflower	✓ Kale^	✓ Rhubarb	✓ Tomato	(Brown, Button, Portobello)
✓ Bean Sprouts	✓ Celeriac	✓ Leek	✓ Rocket	✓ Turnip	✗ Parsnip
✓ Beetroot	✓ Celery^	✓ Lettuce^	✓ Seaweed	✓ Water	✗ Potato^
✓ Bitter Melon	✓ Choko	✓ Mushroom* (Enoki, Oyster, Porcini, Shiitake, Shimeji)	✓ Silverbeet	✓ Chestnuts	✗ Pumpkin
✓ Bok/Pak Choy	✓ Choy Sum	✓ Okra	✓ Snow Peas*	✓ Watercress	✗ Sauerkraut
✓ Broccoli^	✓ Cucumber^		✓ Spaghetti Squash	✓ Yellow Squash	✗ Sweet Potato*
✓ Broccolini	✓ Eggplant*			✓ Zucchini	✗ Taro
✓ Brussels Sprouts	✓ Fennel				

### FRUITS

✓ Enjoy 1-3 serves daily of low sugar fruit such as berries, papaya and kiwifruit to support gut function and flora.

⚠ If have inflammation, avoid nightshades (goji berry, inca berry).

ENJOY		AVOID				
✓ Acai Berry	✓ Kiwifruit*	✗ Apple^	✗ Durian	✗ Loquat	✗ Peach^	✗ Quince
✓ Blackberry	✓ Lemon	✗ Apricot	✗ Feijoa	✗ Lychee	✗ Pear	✗ Raisins
✓ Blueberry^	✓ Lime	✗ Banana	✗ Fig	✗ Mandarin	✗ Pepino Melon	✗ Rambutan
✓ Boysenberry	✓ Maqui Berry	✗ Breadfruit	✗ Grapefruit*	✗ Mango*	✗ Persimmon	✗ Rockmelon*
✓ Coconut	✓ Mulberry	✗ Cherry	✗ Grape^	✗ Mangosteen	✗ Pineapple*	✗ Sapodilla
✓ Cranberry	✓ Papaya	✗ Clementine	✗ Guava	✗ Nashi Pear	✗ Plum	✗ Star Fruit
✓ Goji Berry	✓ Pawpaw	✗ Currants	✗ Honeydew	✗ Nectarine^	✗ Pomegranate	✗ Tamarillo
✓ Gooseberry	✓ Raspberry	✗ Custard Apple	✗ Jackfruit	✗ Orange	✗ Prickly Pear	✗ Tangelo
✓ Inca Berry	✓ Strawberry^	✗ Dates	✗ Kumquat	✗ Passionfruit	✗ Prune	✗ Watermelon*
		✗ Dragonfruit	✗ Longan			

### HERBS & SPICES

✓ Enjoy herbs/spices to add flavour to meals and for their many therapeutic benefits.

⚠ If have inflammation, avoid nightshades (cayenne, chilli, curry, paprika).

✓ Allspice	✓ Cardamom	✓ Cloves	✓ Galangal	✓ Nutmeg	✓ Rosemary	✓ Star Anise
✓ Aniseed	✓ Cayenne	✓ Coriander	✓ Garlic	✓ Oregano	✓ Saffron	✓ Sumac
✓ Basil	✓ Pepper	✓ Cumin Seed	✓ Ginger	✓ Paprika	✓ Sage	✓ Tarragon
✓ Bay Leaf	✓ Chilli	✓ Curry Powder	✓ Marjoram	✓ Parsley	✓ Salt (Celtic Sea, Pink Himalayan)	✓ Thyme
✓ Caraway Seed	✓ Chives	✓ Dill	✓ Mint	✓ Pepper		✓ Turmeric
	✓ Cinnamon	✓ Fennel Seed	✓ MustardSeed	✓ Peppermint	✓ Spearmint	✓ Vanilla Bean



## Restore Your Gut Diet-1 Guidelines

### OILS & FATS

- ✓ Use cold pressed organic oils. Oils have different smoke points (❄️ No Heat, ★ Low Heat, 🔥 High Heat). Excessive heat damages oils, depleting their nutrients and producing oxidised cholesterol.
- ✗ Avoid canola/soybean oils made with genetically modified crops as these may contain glyphosate and Bt toxins.

ENJOY					AVOID
🔥 Avocado Oil	★ Coconut Oil	❄️ Hemp Seed Oil	★ Olive Oil	★ Sesame Oil	✗ Canola Oil
★ Butter	❄️ Flaxseed Oil	🔥 Macadamia Oil	❄️ Pumpkin Seed Oil	🔥 Sunflower Oil	✗ Margarine
🔥 Cacao Butter	🔥 Ghee	★ MCT Oil	🔥 Rice Bran Oil	❄️ Walnut Oil	✗ Peanut Oil
❄️ Chia Oil	🔥 Grapeseed Oil	🔥 Mustard Oil	🔥 Safflower Oil		✗ Soybean Oil

### GRAINS & ALTERNATIVES

- ✓ Enjoy low starch non-gluten alternatives as these contain fibre to support beneficial gut flora and bowel motions.

ENJOY		AVOID		
✓ Amaranth Flakes	✓ Millet Seeds	✗ Barley	✗ Popcorn	✗ Sorghum
✓ Buckwheat (Groats, Noodles)	✓ Oats (Bran, Groats, Rolled)	✗ Couscous	✗ Rice	✗ Spelt
✓ Kelp Noodles	✓ Quinoa (Flakes, Seeds)	✗ Egg Noodles	✗ Rye	✗ Tapioca
✓ Konjac Noodles	✓ Teff Grains	✗ Polenta	✗ Semolina	✗ Wheat

### BAKING & SAUCES

- ✓ Enjoy homemade salad dressings and sauces with no added sugar, yeast or fermented.
- ⚠️ If have reflux or caffeine sensitivity, caution consuming cacao.
- ⚠️ If have inflammation, avoid nightshades (tomato passata sauce, tomato paste).
- ✗ Avoid canned tomatoes due to the high Bisphenol-A content known to have adverse health effects.

ENJOY		AVOID	
✓ Baking Powder	✓ Lucuma Powder	✗ Coconut Aminos	✗ Tamari Sauce
✓ Baking Soda	✓ Maca Powder	✗ Fish Sauce	✗ Tomato Sauce
✓ Bee Pollen Granules	✓ Mesquite Powder	✗ Hoisin Sauce	✗ Vinegar (Balsamic, Malt,
✓ Bragg-Liquid Aminos Soy Sauce	✓ Mustard	✗ Horseradish Sauce	Red Wine, Rice Wine,
✓ Cacao Powder	✓ Tomato (Passata, Paste)	✗ Mayonnaise	White, White Wine)
✓ Carob Powder	✓ Vinegar (Apple Cider, Coconut)	✗ Miso Paste	✗ Worcestershire Sauce
✓ Cream of Tartar		✗ Oyster Sauce	✗ Yeast (Bakers, Brewers, Nutritional)
		✗ Soy Sauce	

### FLOURS & THICKENERS

ENJOY			AVOID		
✓ Acacia/Arabic Gum	✓ Coconut Flour	✓ Oat Flour	✗ Arrowroot/Tapioca	✗ Corn Flour	✗ Rye Flour
✓ Agar Agar	✓ Gelatine	✓ Quinoa Flour	✗ Banana Flour	✗ Kuzu	✗ Sorghum Flour
✓ Almond Meal	✓ Guar Gum	✓ Soy Flour	✗ Barley Flour	✗ Potato Flour	✗ Spelt Flour
✓ Besan/Chickpea Flour	✓ Lecithin	✓ Teff Flour	✗ Carrageenan	✗ Rice Flour	✗ Wheat Flour
✓ Buckwheat Flour	✓ Millet Flour	✓ Xanthan Gum	✗ Cassava Flour		

### PROTEIN POWDERS

ENJOY				AVOID
✓ Colostrum Powder	✓ Hemp Protein	✓ Rice Protein	✓ Whey Protein Isolate	✗ Whey Protein Concentrate
✓ Egg Protein	✓ Pea Protein	✓ Soy Protein		

### SWEETENERS

ENJOY	AVOID			
✓ Erythritol	✗ Agave Syrup	✗ Coconut Sugar	✗ Molasses	✗ Rice Syrup
✓ Monk Fruit	✗ Aspartame (E951)	✗ Golden Syrup	✗ Neotame (E961)	✗ Sucralose (E955)
✓ Stevia	✗ Brown Sugar	✗ Honey	✗ Rapadura Sugar	✗ White Sugar
✓ Xylitol	✗ Carob Syrup	✗ Maple Syrup	✗ Raw Sugar	✗ Yacon Syrup



## Restore Your Gut Diet-1 Guidelines

BEVERAGES				
<div>✓ Enjoy herbal teas, as they have many therapeutic benefits and help to hydrate you.</div> <div>✓ Enjoy green/black/white/oolong teas, as they contain polyphenols that reduce inflammation, support beneficial flora and inhibit opportunistic bacteria. Caution if sensitive to caffeine.</div> <div>✗ Avoid coffee, alcohol or sugary drinks, as they worsen gut symptoms, reflux, inflammation, infections, are acidic and deplete essential nutrients. Also coffee can contain mould and high intake weakens adrenals.</div>				
ENJOY				AVOID
<u>Herbal Teas</u>				<div>✗ Alcohol</div> <div>✗ Coffee</div> <div>✗ Energy Drink</div> <div>✗ Fruit Cordial</div> <div>✗ Fruit Juice</div> <div>✗ Kombucha</div> <div>✗ Soft Drink</div> <div>✗ Water Kefir</div>
✓ Brahmi Tea	✓ Fennel Tea	✓ Licorice Root Tea	✓ Rooibos Tea	
✓ Calendula Tea	✓ Feverfew Tea	✓ Marshmallow Root Tea	✓ Rosehip Tea	
✓ Chai Tea	✓ Ginger Tea	✓ Meadowsweet Tea	✓ Spearmint Tea	
✓ Chamomile Tea	✓ Ginkgo Tea	✓ Nettle Leaf/Root Tea	✓ St Johns Wort Tea	
✓ Chicory Root Tea	✓ Ginseng Tea	✓ Oak Bark Tea	✓ Thyme Tea	
✓ Dandelion Leaf/Root Tea	✓ Juniper Berry Tea	✓ Passionflower Tea	✓ Tulsi Tea	
✓ Echinacea Tea	✓ Lemon Balm Tea	✓ Pau D’Arco Tea	✓ Turmeric Tea	
✓ Elecampane Tea	✓ Lemongrass Tea	✓ Peppermint Tea	✓ Valerian Tea	
<u>Green &amp; Black Teas</u>				
✓ Black Tea	✓ English Breakfast Tea	✓ Japanese Sencha Tea	✓ Oolong Tea	
✓ Earl Grey Tea	✓ Green Tea	✓ Matcha Tea	✓ White Tea	
<u>Other Beverages</u>				
✓ Coconut Water (unsweetened)	✓ Sparkling Mineral Water	✓ Vegetable Juice (fresh)	✓ Water	



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**KATE WINCH**  
**26-Jul-1987**      **Female**

13 OXLEY STREET  
SUNBURY VIC 3429

LAB ID : 3947014  
UR NO. : 6241306  
Collection Date : 10-Jan-2024  
Received Date:11-Jan-2024



3947014

## COMPLETE DIGESTIVE STOOL ANALYSIS - Level 2

### MACROSCOPIC DESCRIPTION

	Result	Range	Markers
Stool Colour	<b>Brown</b>	Brown	<b>Colour</b> - Brown is the colour of normal stool. Other colours may indicate abnormal GIT conditions.
Stool Form	<b>Formed</b>	Formed	<b>Form</b> -A formed stool is considered normal. Variations to this may indicate abnormal GIT conditions.
Mucous	<b>NEG</b>	< +	<b>Mucous</b> - Mucous production may indicate the presence of an infection, inflammation or malignancy.
Occult Blood	<b>NEG</b>	< +	<b>Occult Blood</b> - The presence of blood in the stool may indicate possible GIT ulcer, and must always be investigated immediately.

### Macroscopy Comment

BROWN coloured stool is considered normal in appearance.

Faecal Occult Blood Negative:

Faecal occult blood has not been detected in this specimen. If the test result is negative and clinical symptoms persist, additional follow-up testing using other clinical methods is recommended.

### MICROSCOPIC DESCRIPTION

	Result	Range	Markers
RBCs (Micro)	<b>NEG</b>	< +	<b>RBC(Micro)</b> - The presence of RBCs in the stool may indicate the presence of an infection, inflammation or haemorrhage.
WBCs (Micro)	<b>0</b>	< 10	<b>WBC(Micro)</b> - The presence of WBCs in the stool may indicate the presence of an infection, inflammation or haemorrhage.
Food Remnants	<b>+</b>	< ++	<b>Food Remnants</b> - The presence of food remnants may indicate maldigestion.
Fat Globules	<b>NEG</b>	< +	<b>Fat Globules</b> -The presence of fat globules may indicate fat maldigestion.
Starch	<b>NEG</b>	< +	<b>Starch</b> - The presence of starch grains may indicate carbohydrate maldigestion.
Meat Fibres	<b>NEG</b>	< +	<b>Meat Fibres</b> - The presence of meat fibres may indicate maldigestion from gastric hypoacidity or diminished pancreatic output.
Vegetable Fibres	<b>+</b>	< ++	<b>Vegetable Fibres</b> - The presence of vegetable fibres may indicate maldigestion from gastric hypoacidity or diminished pancreatic output.





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## DIGESTIVE AND ABSORPTION MARKERS

### Short Chain Fatty Acids, Putrefactive

2.3



**Short Chain Fatty Acids, Putrefactive** - Putrefactive SCFAs are produced when anaerobic bacteria ferment undigested protein, indicating protein maldigestion.

### Pancreatic Elastase 1

>800



**Pancreatic Elastase** is used to assess pancreatic exocrine function. Pancreatic insufficiency is associated with diabetes mellitus, cholelithiasis, pancreatic tumour, cystic fibrosis and osteoporosis. This test is not affected by substitution therapy with enzymes of animal origin. PE-1 levels decline with age.

### Long Chain Fatty Acids

2.0



**Long Chain Fatty Acids** - Elevated levels of total LCFAs in the stool may indicate inadequate lipid absorption

### Absorption Comment

PANCREATIC ELASTASE: Normal exocrine pancreatic function. Pancreatic Elastase reflects trypsin, chymotrypsin, amylase and lipase activity. This test is not affected by supplements of pancreatic enzymes. Healthy individuals should be producing >500 ug/g of PE-1 under normal/healthy conditions. PE-1 levels between 200 - 500 ug/g may indicate suboptimal production. PE-1 levels <200 ug/g indicate clear inadequate production. The clinician should therefore consider digestive enzyme supplementation if one or more of the following conditions is present:  
Loose watery stools, Undigested food in the stools, Post-prandial abdominal pain, Nausea or colicky abdominal pain, Gastroesophageal reflux symptoms, Bloating or food intolerance.

Testing performed by chemiluminescence immunoassay (CLIA).





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## METABOLIC MARKERS

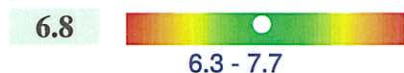
### b-Glucuronidase



### Markers

**b-Glucuronidase** - Increased levels of b-Glucuronidase may reverse the effects of Phase II detoxification processes.

### pH



**pH** - Imbalances in gut pH, will influence SCFA production and effect.

### Short Chain Fatty Acids, Beneficial



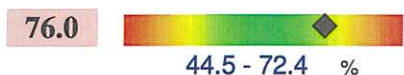
**Short Chain Fatty Acids, Beneficial (Total)** - Elevated SCFAs may indicate bacterial overgrowth. Inadequate SCFAs may indicate inadequate normal flora.

### Butyrate



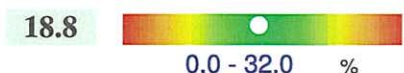
**Butyrate** - Decreased Butyrate levels may indicate inadequate colonic function.

### Acetate



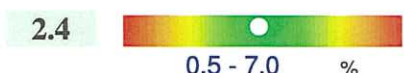
**Acetate** - Decreased Acetate levels may indicate inadequate colonic function.

### Propionate



**Propionate** - Decreased Propionate levels may indicate inadequate colonic function.

### Valerate



**Valerate** - Decreased Valerate levels may indicate inadequate colonic function.

## Metabolic Markers Comment

In a healthy gut Short Chain Fatty Acids (SCFAs) exhibited in the following proportions; Butyrate, Acetate, Propionate (16%:60%:24%).

The primary SCFAs butyrate, propionate and acetate are produced by predominant commensal bacteria via fermentation of soluble dietary fibre and intestinal mucus glycans.

Key producers of SCFAs include *Faecalibacterium prausnitzii*, *Akkermansia muciniphila*, *Bacteroides fragilis*, *Bifidobacterium*, *Clostridium* and *Lactobacillus* Spp.

The SCFAs provide energy for intestinal cells and regulate the actions of specialised mucosal cells that produce anti-inflammatory and antimicrobial factors, mucins that constitute the mucus barriers, and gut active peptides that facilitate appetite regulation and euglycemia. Abnormal SCFAs may be associated with dysbiosis, intestinal barrier dysfunction and inflammatory conditions.

### LOW BUTYRATE LEVEL:

Butyrate is a short chain fatty acid that is extremely important for gut health. It is the main fuel source for gut cells, which helps keep the gut cell barrier intact, can reduce inflammation, and helps control appetite. Low levels of butyrate production have been observed in individuals with inflammatory bowel diseases, insufficient fibre intake, slow transit time, recent antibiotic therapy. Low butyrate may also be associated with an increased risk of colon cancer & constipation.

Consuming foods high in resistant starch has been shown to increase butyrate levels.

### ELEVATED ACETATE LEVEL:

Acetate is the most abundant short chain fatty acid produced in the gut. It plays an important role in fat metabolism, glucose metabolism and the immune system. Several bacterial species can also convert acetate to butyrate. The consumption of fruits, vegetables, legumes and fibre are



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**KATE WINCH**  
**26-Jul-1987**      **Female**

13 OXLEY STREET  
SUNBURY VIC 3429

LAB ID :                    3947014  
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associated with increased short chain fatty acids, including acetate.





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BENEFICIAL BACTERIA		Result	Range		Result	Range
Bifidobacterium longum.		2+	2 - 4+	Lactobacillus plantarum	1+ *L	2 - 4+
Bifidobacterium bifidum		1+ *L	2 - 4+	Lactobacillus rhamnosus.	2+	2 - 4+
Bifidobacterium animalis		2+	2 - 4+	Lactobacillus paracasei	3+	2 - 4+
Bifidobacterium pseudocaten.		3+	2 - 4+	Lactobacillus casei	1+ *L	2 - 4+
Bifidobacterium breve		1+ *L	2 - 4+	Lactobacillus acidophilus	1+ *L	2 - 4+
Escherichia coli		1+ *L	2 - 4+	Enterococci	1+	1 - 2+

#### COMMENTS:

Significant numbers of Lactobacilli, Bifidobacteria and E coli are normally present in the healthy gut: Lactobacilli and Bifidobacteria, in particular, are essential for gut health because they contribute to 1) the inhibition of gut pathogens and carcinogens. 2) the control of intestinal pH, 3) the reduction of cholesterol, 4) the synthesis of vitamins and disaccharidase enzymes.

#### PATHOGENIC BACTERIA

Organism	Growth	Range	Classification
Aeromonas species	NEG		
Campylobacter	NEG		
Salmonella	NEG		
Shigella	NEG		
Yersinia	NEG		

#### COMMENTS:

The above Pathogenic Bacteria are those that have the potential to cause disease in the GI tract. A result of **ISOLATED** may require a notification to the Department of Health and also cross tested via a secondary method such as PCR or sequencing. Should this be the case, you will also be notified.

#### OPPORTUNISTIC AND DYSBIOTIC BACTERIA

Organism	Growth	Range	Classification
Klebsiella variicola	2+	< 4+	Non-Pathogen
Streptococcus anginosus	2+	< 4+	Non-Pathogen
Enterococcus casseliflavus	2+	< 4+	Non-Pathogen
Staphylococcus species.	1+	< 4+	Non-Pathogen

#### COMMENTS:

Commensal bacteria are usually neither pathogenic nor beneficial to the host GI tract. Imbalances can occur when there are insufficient levels of beneficial bacteria and increased levels of commensal bacteria. Certain commensal bacteria are reported as dysbiotic at higher levels.

Dysbiotic bacteria consist of known pathogenic bacteria and those that have the potential to cause disease in the GI tract. A detailed explanation of bacteria that may be present can be found in the Pathogen Summary at the end of this report.



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## YEASTS

Organism	Growth	Range	Classification
Rhodotorula spp	1+	< ++++	Non-Pathogen
Candida albicans	NEG	< ++	
Geotrichum spp	NEG	< ++	
Other Yeasts	NEG	< ++++	

### COMMENTS:

Yeast may normally be present in small quantities in the skin, mouth, and intestine. A detailed explanation of yeast that may be present can be found in the Pathogen Summary at the end of this report.

## PARASITES

### Result

Blastocystis Hominis	NOT DETECTED
Dientamoeba fragilis	NOT DETECTED
Cryptosporidium	NOT DETECTED
Giardia lamblia	NOT DETECTED
Entamoeba Histolytica	NOT DETECTED
Other Parasites	NOT DETECTED

**COMMENTS:** Parasites are organisms that are not present in a normal/healthy GIT. A detailed explanation of parasites that may be present can be found in the Pathogen Summary at the end of this report.





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## ANTIBIOTIC SENSITIVITIES and NATURAL INHIBITORS

### Klebsiella variicola

#### Antibiotics

Susceptible

Amoxicillin	N/A
Ampicillin	R
Augmentin	S
Ciprofloxacin	S
Norfloxacin	S
Meropenem	S
Cefazolin	N/A
Gentamycin.	S
Trimethoprim/Sulpha	S
Erythromycin	N/A
Penicillin.	N/A

#### LEGEND

S = Sensitive

R = Resistant

N/A = Not Tested

#### Inhibitors

Inhibition %

Berberine	60%
Black Walnut	40%
Caprylic Acid	100%
Citrus Seed	60%
Coptis	40%
Garlic-	60%
Golden seal	20%
Oregano	20%

#### LEGEND

Low Inhibition

High Inhibition

0	20	40	60	80	100
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## YEAST - SENSITIVITIES and NATURAL ANTIFUNGALS

### Rhodotorula spp

#### Antifungals

##### Inhibition

Fluconazole	256=NI
Voriconazole	4.0=NI
Itraconazole	

#### INHIBITION CATEGORY

<b>R</b>	Resistant	This category indicates that the organism is not inhibited by obtainable levels of the pharmaceutical agent
<b>I</b>	Intermediate	This category indicates where the minimum inhibition concentrations (MIC) approach obtainable pharmaceutical agent levels and for which response rates may be lower than for susceptible isolates
<b>SDD</b>	Susceptible, Dose Dependent	This category indicates that clinical efficacy is achieved when higher than normal dosage of a drug is used to achieve maximal concentrations
<b>S</b>	Susceptible	This category indicates that the organisms are inhibited by the usual achievable concentration of the agent
<b>NI</b>	No Interpretative Guidelines	This category indicates that there are no established guidelines for MIC interpretation for these organisms

#### Non-absorbed Antifungals

##### Inhibition %

Nystatin	60%
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#### Natural Antifungals

##### Inhibition %

Berberine.	60%
Garlic	40%
Black Walnut.	40%
Citrus Seed.	60%
Coptis.	60%
Golden seal.	60%
Oregano.	40%

#### LEGEND

Low Inhibition

High Inhibition







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## GENOMIC\_ASSESSMENTS

STOOL, SPOT      Result      Range      Units

### Faecal Multiplex PCR

#### PARASITIC PATHOGENS

Giardia intestinalis:	Not Detected
Cryptosporidium species:	Not Detected
Dientamoeba fragilis:	Not Detected
Entamoeba histolytica:	Not Detected
Blastocystis hominis:	Not Detected

#### BACTERIAL PATHOGENS

Campylobacter species:	Not Detected
Salmonella species:	Not Detected
Shigella species:	Not Detected
Yersinia enterocolitica:	Not Detected
Aeromonas species:	Not Detected

#### COMMENT:

Not Detected results indicate the absence of detectable DNA in this sample for the 10 enteropathogens reported.

For further information about this report, please contact NutriPATH.

Dr N.Maheshwari  
Ph: 1300 688 522  
NATA accreditation No.:20770

#### PLEASE NOTE:

A Comprehensive Digestive Stool Analysis (CDSA) has also been requested for this patient.

The CDSA results will be reported separately on a different Request ID.

#### CDSA to Follow

Tests ordered: FaePCR,FaePCR-CD





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## The Four “R” Treatment Protocol

REMOVE	Using a course of antimicrobial, antibacterial, antiviral or anti parasitic therapies in cases where organisms are present. It may also be necessary to remove offending foods, gluten, or medication that may be acting as antagonists.  Consider testing IgG96 foods as a tool for removing offending foods.	ANTIMICROBIAL	Oil of oregano, berberine, caprylic acid
		ANTIBACTERIAL	Liquorice, zinc carnosine, mastic gum, tribulus, berberine, black walnut, caprylic acid, oil of oregano
		ANTIFUNGAL	Oil of oregano, caprylic acid, berberine, black walnut
		ANTIPARASTIC	Artemesia, black walnut, berberine, oil of oregano
		ANTIVIRAL	Cat's claw, berberine, echinacea, vitamin C, vitamin D3, zinc, reishi mushrooms
		BIOFILM	Oil of oregano, protease
REPLACE	In cases of maldigestion or malabsorption, it may be necessary to restore proper digestion by supplementing with digestive enzymes.	DIGESTIVE SUPPORT	Betaine hydrochloride, tilactase, amylase, lipase, protease, apple cider vinegar, herbal bitters
REINOCULATE	Recolonisation with healthy, beneficial bacteria. Supplementation with probiotics, along with the use of prebiotics helps re-establish the proper microbial balance.	PREBIOTICS	Slippery elm, pectin, larch arabinogalactans
		PROBIOTICS	Bifidobacterium animalis subsp lactise, lactobacillus acidophilus, lactobacillus plantarum, lactobacillus casei, bifidobacterium breve, bifidobacterium bifidum, bifidobacterium longum, lactobacillus salivarius subsp salivarius, lactobacillus paracasei, lactobacillus rhamnosus, Saccharomyces boulardii
REPAIR & REBALANCE	Restore the integrity of the gut mucosa by giving support to healthy mucosal cells, as well as immune support. Address whole body health and lifestyle factors so as to prevent future GI dysfunction.	INTESTINAL MUCOSA IMMUNE SUPPORT	Saccharomyces boulardii, lauric acid
		INTESTINAL BARRIER REPAIR	L-Glutamine, aloe vera, liquorice, marshmallow root, okra, quercetin, slippery elm, zinc carnosine, Saccharomyces boulardii, omega 3 essential fatty acids, B vitamins
		SUPPORT CONSIDERATION	Sleep, diet, exercise, and stress management



## YOUR IN-CLINIC SCREENING RESULTS SUMMARY

### Screenings:

Iridology	Lymphatic Constitution Radii Solaris Orange in the Iris Yellow in the Iris Red Hue Colour in Sclera Protein Lines
Tongue Analysis	White Thin Coating Back Tongue Coating Shaking
Mouth Analysis	-
Nails Analysis	White Marks
Zinc Taste Test	Category 2: Slight taste after a few seconds (low zinc levels)
Comprehensive Digestive Stool Analysis Level 2 (CDSA2) NutriPATH 10/01/24 Faecal Multiplex PCR Test – NutriPATH 10/01/24	Colour: Brown Consistency: Formed Mucus: Negative Occult Blood: Negative Red Blood Cells: Negative White Blood Cells: Negative Food Remnants: 1+ Fat Globules: Negative Starch: Negative Meat Fibres: Negative Vegetable Fibres: 1+ Short Chain Fatty Acids Putrefactive: 2.3 Pancreatic Elastase: >800 Long Chain Fatty Acids: 2.0