



Please note: recommendations are not intended to be permanent. Unless specifically told otherwise, these guidelines are not to be continued for longer than 1 month.

Date: 7.7.21 Name: David Stokes

Supplement	Reason	Breakfast	Lunch	Dinner	Bedtime
Designs for Health Omegavail fish oil	To soothe and repair the gut wall and reduce sensitivities	X1		X1	
Slippery elm powder (eg Macro brand from supermarket)	To reduce gut discomfort, soothe and repair the gut	2 tsps in water, tea, or juice before a meal.	2 tsps in water, tea, or juice before a meal.	2 tsps in water, tea, or juice before a meal.	
Multigen probiotic	ONCE CURRENT MEDICATIONS FINISH	X1		X1	

DIET

INCREASE BENEFICIAL FATS

- Olive oil- must be cold pressed eg Cobram brand at supermarkets. Cook, bake, fry, or drizzle over food
- Coconut oil
- Nuts- macadamias
- Yoghurt- Nakula plant blend has less sugar than Gippsland and also includes beneficial fibres. Try to get this one <https://nakula.com.au/plant-based-blend-vanilla>
- Avocado
- Tinned sardines or mackerel (John West brand for the mackerel)
- Avocado oil/ macadamia oil

DRINKS

- Spearmint tea can soothe an inflamed or bloated belly
- Matcha green tea (must say Matcha on the label) eg. <https://www.woolworths.com.au/shop/productdetails/426222/ito-en-matcha-green-tea-traditional>
- Kintra brand of Dandelion Chai tea (a great substitute for tea or coffee, and helps with liver health) (supermarkets) <https://shop.coles.com.au/a/southland/product/kintra-foods-dandy-chai-blend-tea-bags>

REMAIN GLUTEN FREE

AVOID MILK / ICE CREAM but can keep in yoghurt.

OTHER RECOMMENDATIONS

GI Map test \$380- information on ordering the kit to come.

NEXT Appt: When test results in