



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: 15.7.21

Name: Hugo Brennan

Supplement	Reason	Breakfast	Lunch	Dinner	Bedtime
Biomedica GI Restore	Prebiotic fibres to improve and balance bowel function. Tasteless.	1 tsp in water or food		1 tsp	
Orthoplex MagTaur Xcell	Magnesium and B vitamins for improving bowel function, via reducing effects of stress and anxiety on sleep and bodily functions.	1 tsp in water or juice	(optional: 1 tsp)		
OPTIONAL though highly recommended					
Healthwise GABA	For reducing effects of stress and anxiety on sleep and muscular tension. GABA is 'nature's chill pill'	¼ tsp in water or juice or food			

DIET

Goals are:

NOW- to increase sources of proteins and fats for bowel health and mood health.

Add in eggs, chicken, red meats (lamb, beef), white fish and tuna

Add in oils while cooking food, AND drizzle over food. Oils are important particularly for those prone to constipation and assist with gut repair (refer to the Coles shopping list in your email for options)

NEXT- expand variety whilst on the FODMAPS diet

NEXT- expand variety of diet that will assist with the gut's own repair process for long term health

For quick meal and snack suggestions, please refer to the Coles Supermarket low FODMAP shopping list in your email. Note: the green coloured products are certified FODMAP friendly.

OTHER RECOMMENDATIONS

NEXT Appt: Wed 11th Aug 11am.

Hunter Valley NSW 2321

Ph. 0425 301 485 | ruth@ruthfellowes.com.au | www.ruthfellowes.com.au