



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Catherine Anderton

Client D.O.B: 14/09/1962

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 04/11/2020 08:59

Appointment Date: 04/11/2020 09:15

Core symptoms

MOOD

BOWEL

just recently had a bad few days

went camping last weekend- diet was different so not sure if it is due to eating more meat, had some canned food as well. Actually increased the alcohol intake she normally has so Monday was a bad day, bit better yesterday, ie more moderate

prior to the camping trip things were improving but not fully complete

first poo- formed

breakfast has coffee- sludgy poo shortly after that

also has another coffee often during the day- will go for a decaf coffee

discussion about the coffee and alcohol intake

she will consider dropping them- discussion with substitutes eg ginger ale, kombucha, soda and water

monthly injection for the cancer would be causing a strain on her liver too (5 years now)- the medication can thicken the heart arteries. Note the injections are only providing symptomatic relief. They don't provide any treatment.

the nature of her tumour means that she is releasing too many hormones- esp serotonin- which leads to excess bowel motions

SLEEP

ENERGY

PAIN

OTHER

Diet

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue



Record Catherine Anderton

Client D.O.B: 14/09/1962

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 16/09/2020 12:59

Appointment Date: 16/09/2020 13:00

Core symptoms

MOOD

BOWEL

gut still going well with all the nutrients

still going 2 or 3 time a day but she is happy about this because it is such an improvement

NO WIND but only occasionally if she eats too much bread and it takes time to build

still quite broken down stools

spelt sourdough

doing the questran light daily - and sometimes does GI restore with it (not daily)

does all the enzymes- lifestyle/ bifido/ bioheme

oxbile on hand but not using it

SLEEP

ENERGY

does feel like her energy has picked up but she can still fatigue easily

yoga normally invigorates her but lately it is not

PAIN

OTHER

putting on weight which is good!

bloods show B12 is low- and does have injections on hand for this

has used one already (not sure how long ago)

Diet

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Record Catherine Anderton

Client D.O.B: 14/09/1962

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 05/08/2020 20:55

Activity Date: 05/08/2020 20:55

Contact

Email or text

30/7

Thank you Ruth! I'm very grateful for your advice. My gut is so much more settled each day. And therefore I'm more relaxed now.

I am still unable to source the ox bile from return to health. Did you say that I can buy some from you?

Also you said that you would send me some warming casserole recipes. I would be grateful for this. Would that be possible?

We discussed sources of good carbohydrates. I would be interested in more suggestions for this. I'm surprised by how well eating spelt based breads and cakes work for me.

I finish Dry July tomorrow. How important is it for me to limit alcohol consumption? How many standard drinks per week should I limit myself to?

Kind regards
Cath

REPLY
Hi Catherine,

I'm sorry it looks like I missed replying to this.

Re the oxbile- yes I do have some on hand so can mail it out to you.

I'll get onto the casserole recipes and carb options for you. Thought I had sent them on but can see in checking my diary that that is not the case.

Finally re alcohol... it's a pretty big deal. Your body has gone/ is going through a lot of stress on many organs but particularly the liver. Not having alcohol can make a big difference to the liver's performance, and have an affect on energy, gut health/ digestion and even sleep.

Talk soon

Ruth

REPLY
Hi Catherine,

The casserole recipes on my recipe database were very ordinary looking (and more like bakes than slow cooker style meals). I've compiled a selection of recipes that look good in this handout.

Re 'good' carbohydrates, focus on:

brown rice, wild rice, the San Remo Pulse pastas (which are legume based), lentils, wholegrain oats, spelt flour

black beans, kidney beans, potatoes, sweet potatoes (yes potatoes are good carbs!), in fact, any vegetable is a 'good carb'.



Record Catherine Anderton

Client D.O.B: 14/09/1962

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 22/07/2020 09:14

Appointment Date: 22/07/2020 09:15

Core symptoms

MOOD

BOWEL

2 to 3 runs of instead of 5

The ones that are happening are becoming more formed.

less wind to start with- then back to normal- but last 2 days are good days (thinks this is due to the different breakfasts she had eg no grains, eg spelt flour pancakes, and chicken and veggies another day).

has had spelt muffins in the past and remembers always feeling really well on them

discussion about Naturis, Deeks for breads for good carbs for energy

not sure about quinoa- does it give her more wind.

bone broth- Nutraorganics- chicken and beef for flavour and nourishment

soups and warming foods- slow cooker style foods- with lots of lentils

eats a lot of 4 bean mix with cayenne pepper and lemon and herbs- works really well for her
kale slaw from Aldi- wonderful

appetite is still really good

more likely to eat carbs and be an emotional eater.

SLEEP

ENERGY

noticing more energy now these days- sustained

PAIN

OTHER

Diet

Herbals & Supplements

took the creon once instead of the executive digestive but this made her nervous because it has less enzymes

has been taking the creston x1/ day

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Catherine Anderton

Client D.O.B: 14/09/1962

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 24/06/2020 15:26

Appointment Date: 24/06/2020 15:00

Core symptoms

MOOD

BOWEL

cholestyramine anhydrous - scripted for the diarrhoea
does feel more bloated below the belly button

did go down the road of fodmaps because the diagnosis

history of pancreatitis?

SLEEP

has trouble getting up in the morning- even though she sleeps well
sometimes hard to get to sleep

ENERGY

does get really tired easily- iron is low- but can we use it as a supplement
used to always have good energy and good sleep prior to the cancer onset

PAIN

excessive gas in the afternoon and the pain comes on with that- especially with having to hold it in for
social reasons

The creon is helping- still wind but not as bad- it is out of date
symptoms are not evident immediately after eating-

OTHER

scans don't see the pancreas being involved with the tumour
tumours are on the diaphragm atm and linings and around the colon but not in it.

Diet

has recently got back to meat- used to be vegetarian- so now the B12 levels are increasing

Pathology

Timeline

Pregnancy and early childhood

Child/ young adult

Herbals & Supplements

to do:
creon pancreatic enzymes

cholestryamine

Seeking Health ox bile

S bouldarii

leafy greens/ keep fruit to a minimum

remain alcohol free

vital.ly.com for the SB and enzymes

will iron feed tumours? Hb is very low, but this could be due to partial loss of ileum

Bring in Vit A, D, E once the diarrhoea goes and we know fat absorption can happen

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

Record Catherine Anderton

Client D.O.B: 14/09/1962

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 24/06/2020 14:46

Appointment Date: 24/06/2020 15:00

Comment or research

A neuroendocrine tumor (NET) begins in the specialized cells of the body's neuroendocrine system. These cells have traits of both hormone-producing endocrine cells and nerve cells

Likely started in the Gastrointestinal (GI) tract since she has had 1/2 ileum and the appendix removed. or it could be pancreatic if she's been told to take enzymes?

GIT:. NETs develop most commonly in the GI tract, specifically in the small intestine (19%), appendix (4%), and large intestine (20%). The GI tract plays a central role in digesting foods and liquid and in processing waste. GI tract NETs also used to be called carcinoid tumors

PANCREATIC:

Functional NETs make and release hormones and other substances that cause symptoms. Carcinoid syndrome is 1 sign of a "functional" NET in which a substance called serotonin is released that can cause diarrhea and facial flushing (see Symptoms and Signs).

was recommended CREON enzymes with liapse 25 000 BP units, amylase 18 000 and protease 1000

Ph.Eur. units

for lipase, 1BP/PhEur unit = 1 USP unit;

for amylase, 1 BP/PhEur unit = 4.15 USP units;

for protease, 1 BP/PhEur unit = 62.5 USP units

The units of the enzymes in enteric coated products (such as CREON) are vastly less – – then the powders/tablets due to the fact that the majority of the potency of enteric coated products reach the digestive system in it's entirety, whereas powders/tablets potency can often be up to 70% destroyed by pH levels in the digestive tract- -before the enzymes can reach the small intestine.

On the flip side, the powders/tablets are better absorbed due to the size of the powder/dissolved tablet grains vs. the enteric coated pellets.

CREON (enteric coated pellets in capsules) are designed for human consumption and are processed to be effective in the human digestive system

is on synthetic somatostatin

somatostatin is produced in the pancreas and inhibits the secretion of other pancreatic hormones such as insulin and glucagon. Somatostatin is also produced in the gastrointestinal tract where it acts locally to reduce gastric secretion, gastrointestinal motility and to inhibit the secretion of gastrointestinal hormones, including gastrin and secretin.

