



Record Betty Bockhodt

Client D.O.B: 09/11/1975

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 27/10/2020 10:36

Appointment Date: 27/10/2020 10:30

Core symptoms

MOOD

BOWEL

diarrhoea does settle and then it comes back (chili? She is wondering).
Due to the seeds? Not sure if it is actually due to the heat ie the capsicain.
but the diarrhoea could be causing her to lose iron

if she has chilli she has a lot in the day

only one day of the week she will have diarrhoea
but sometimes

SLEEP

ENERGY

PAIN

OTHER

Diet

Herbals & Supplements

can't do L-carnitine- makes her hazy and out of touch- so not doing this at all
protein powder
CoQ10 to drop
Zingles to drop
Basica coming back in
vit D to stay in
do magnesium less due to diarrhoea
sleeping well one night but not the next- is becoming a pattern- also noticing a pain in belly like something
empty but something rolling around and gurgling and burning- Basica
finds she can't eat late- gets bloated and uncomfortable -NEEDS BILE AND HCL
may consider dropping dinner for this reason, plus they do naturally eat more during the day

enzyme/ ox bile
bone broth

less muscle pain at night w ES baths

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Betty Bockhodt

Client D.O.B: 09/11/1975

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 29/07/2020 14:37

Appointment Date: 29/07/2020 14:30

Core symptoms

MOOD

BOWEL

history of D fragilis- not present

Blasto - now present- suggested to leave it alone

SLEEP

ENERGY

more energy and clearer and better overall in health and this was without the L carnitine has noticed since BASICA has stopped that she is feeling less energy and more foggy head- but she has been cutting back on the fish oil (running low) and we need to try Carnitine again.

Summary: peripheral nervous system- muscle wasting- demyelinating neuropathy- like MS

PAIN

has lumps on the liver- not known what they are- still waiting for results

had lumps on thyroid

PCOS

lumpy breasts

all of these pathogens

nerve pain has gone away- not getting the electrical zaps

OTHER

tested for coeliac due to diarrhoea- but apparently ok.

did review some of her blood tests

Diet

Herbals & Supplements

taking the supplements for 2 days and got nervous and jittery and distracted and couldn't think clearly. Similar to panic attacks and clammy, but feeling vague.

L carnitine was the cause. But wants to try again. But she was doing the magnesium at high dose and getting diarrhoea

TO DO

Other additional nutrients might be taurine for fat absorption

SCF for the cysts on liver?

bloods show very low ALP =low zinc

cholesterol is almost too low- fish oil not absorbing? therefore the reason for diarrhoea along with maybe

too much magn? Is it ok to be low because she is on a high fibre diet?

Note re the lump on liver: Liver cysts occur in approximately 5% of the population. However, only about 5% of these patients ever develop symptoms. In general, cysts are thin-walled structures that contain fluid.

Most cysts are single, although some patients may have several
needs to get iron, B12 and D checked

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Betty Bockhadt

Client D.O.B: 09/11/1975

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 29/07/2020 13:33

Appointment Date: 29/07/2020 14:30

Comment or research

probiotics reduce immune and inflammatory responses

VSL3 was used in one research study

but bacteria may regulate brain plasticity

lactobacillus being most beneficial

L reuteri

“targeting gut [microbiota] might be a crucial target for prevention, management, and control of the inflammatory and autoimmune diseases [such as MS],” the researchers wrote. ... Data from animal studies showed that probiotics administration delayed the development of MS, as well as its severity and progression.J

<https://multiplesclerosisnewstoday.com/news-posts/2019/11/28/immunomodulatory-and-anti-inflammatory-effects-of-probiotics-in-multiple-sclerosis-a-systematic-review/>



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Betty Bockhodt

Client D.O.B: 09/11/1975

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 12/06/2020 14:36

Activity Date: 12/06/2020 14:36

Contact

Email or text

TEXT

Hi Ruth

It's day two on the supps

I think they are going on. I feel slightly light headed and vague though

REPLY

None of them are likely to do that but it could be because things are being supported to move more, and the body is not used to that. If it's concerning you can stop everything then just start one supplement and 3 days later, add the next one in. That way you can have a better idea if there is something that doesn't suit you. Or simply drop the L-carnitine because amino acids can be quite potent and it might be too strong for you.



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Betty Bockhodt

Client D.O.B: 09/11/1975

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 28/05/2020 18:14

Appointment Date: 28/05/2020 15:45

Core symptoms

MOOD

BOWEL

SLEEP

ENERGY

PAIN

broke her toe- saw the high arches and claw toes- and a young registrar picked it up while at hospital. For women it can onset at different life stages- but there is always an environmental trigger and commonly it is pregnancy. For her it was 10 yrs ago with her last pregnancy.

Lots of other diseases being considered eg GB and MS even polio.

OTHER

Charcot-Marie-Tooth disease (CMT) is the umbrella term for a range of inherited genetic conditions affecting the peripheral nervous system (the nerves stretching from the spinal cord to the muscles).

Symptoms include progressive weakness and muscle wasting of the legs and arms.

For people with CMT, the nerves of the arms and legs work less well than usual. This happens gradually and leads to wasting of the muscles that are served by those nerves. The muscles of the feet, legs and hands are often most affected. Over time, they become weaker and harder to control.

weakness in the muscles of the hands and feet

ankle weakness, with 'rolling-over' – this is a common early symptom. Later, the person loses the ability to bend their foot upward

handgrip is affected – it may become difficult to do things like open screw-top jars or turn taps

high foot arches (this is known as 'pes cavus') and clawed toes

high-stepping gait and 'slapping' of the feet on the floor while walking

muscle wasting in the legs and arms

poor balance and occasional falls

loss of sensation, such as reduced ability to feel pain in the feet and hands

scoliosis (abnormal sideways curvature of the spine) in some cases.

CMT is the most common inherited condition affecting the peripheral nervous system

SHE IS CMT Type 1A – a duplicated gene on chromosome 17

TREATMENT = braces/ stretching exercises/ muscle tone

a demyelinating neuropathy

FISH OIL

WHAT TYPE OF PROBIOTIC ALSO HELPS MYELINATE

magnesium & Vit D x5

b12? x3 /day

zinc +C - Zingles

Basica

L carnitine has been recommended by Terry due to not being able to eat enough meat
Has a supplement: with L carnitine and CoQ10 to work on the mitochondria by Bioceuticals.
ox bile supplement
psyllium / K Fibre for immune health and gut health and bacteroides
coriander, parsley, chives

TERRY WAHLS- NEXT BOOK OUT SOON WITH CLINICAL TRIALS
SET YOU UP WITH VITAL.LY

Lectins in legumes- so not permitted on the diet
and no rice as well-
could Basica offset the inflammation of these

Diet

been following Terry Wahls protocol for MS- started in Jan
no gluten no dairy no sugar but has honey
she has 3 levels
staying on level 1 atm with lots of veggies (9 cups of greens)
is wary of high oxalate ones and blanches it down
having organ meat- heart and liver
lots of onions and garlic
some fermented foods
lot of brassicas
allowed coffee but she is querying if she should do it- feels overstimulated with it- jittery and anxious.

noticed an electrical storm when she went on the diet

discussion about absorption

Herbals & Supplements

BODY SIGNS

Nails

Palmar

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Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Betty Bockhodt

Client D.O.B: 09/11/1975

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 14/04/2020 22:05

Activity Date: 14/04/2020 22:04

Comment or research

for remyelination:

Vit D

melatonin? Yes, see <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6403148/>

probiotics? SB is being considered for a trial

importance of: anti-inflammatory, antioxidant, and metabolic support

maybe also consider a low oxalate diet, based on the research on inflammasomes??



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Betty Bockhodt

Client D.O.B: 09/11/1975

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 09/04/2020 09:40

Appointment Date: 09/04/2020 09:45

Core symptoms

MOOD

BOWEL

SLEEP

ENERGY

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TERRY WAHLS- NEXT BOOK OUT SOON WITH CLINICAL TRIALS
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DO THE GENE TEST

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Herbals & Supplements

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Palmar

Eyes

Tongue

Skin/ hair

Record Betty Bockhodt

Client D.O.B: 09/11/1975

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 23/05/2019 14:58

Activity Date: 23/05/2019 14:59

| Betty Bockhodt, Ruth Fellowes

Appointment 11-Oct-2017 9:15 am

Note Last Modified 11-Oct-2017 10:54 am

Tingling in feet since epidural 8yrs ago with a Caesar for one of her children. Nerve conduction is poor- not sure if infection eg Guillian Barre, or nerve damage.

20yrs smoking, smoking cannabis/ party lifestyle- so hard to know if she was sluggish because of all the adrenalin charges. Changed everything with having kids.

2 hospital visits with sciatic pain and the other was for a possible anxiety attack. OATS TEST/ LIVER DETOX

HAS AN overactive lymph node and then a scan showed multi node goitres - did liver test and thyroid function test. Will get restuls.

DIET- eats plenty of plant foods as she gardens. Does also eat 'junk' food which she is unhappy about but she does balance it out with lots of veggies. Not hungry in the mornings but still likes to eat eggs and toast.

Has periods of times when she is disciplined and things improve eg weight, energy. This is more so when on a raw diet.

PRIORITIES- cravings, bloating after eating but still wants to eat, feels hungry all the time. Expectations: further testing to find out what's going on, help her gut, know what foods to eat.

BLOOD TESTS- further to do

poor memory- really concerns her

Has tried a lot of self exploration to see what works for her.

Eosinophils- 0.5 4/10/17 and 0.3 at 2/9/17

Swam in rivers a few years ago and drank the water and now wondering if the feet becoming bad are all linked. Did this 4 months before coming pregnant.

B12 injection for 5 years every 3 years. Was done in an attempt to help her feet.

TO DO- test recommendations.

| 20-Oct-2017 6:11 pm | Betty Bockhodt, Ruth Fellowes

email 17/10 she is A+ blood type

| 30-Nov-2017 9:23 am | Betty Bockhodt, Ruth Fellowes

Text message:

I woken up really anxious. My hands have tremors. My feet are tingly and I have the runs.

Reply:

My first thought is that you are dehydrated from the detox last few days. Have mineral or soda water with lemon juice / lime juice all day. Aim for 2L of that. Or an electrolyte drink of some kind. Have orange juice with a little salt added now. Then maybe a 2nd one in the afternoon. You can also double the amount of magnesium powder you have until you feel better again. You should find that the new set of tablets will calm things down quickly. Your big tub of mag powder is here for you too with the echinacae downstairs. The other option is you are reacting to one of the herbs used earlier but normally you get a reaction earlier than this, but I will double check. Ruth

Betty:

Hi Ruth

Could have been dehydration though I'm drinking about 4 cups of dandy tea, a green juice and about a litre of water per day.

I could be taking the herbs too close together. I was having the first dose at breakfast and the second dose at lunch.

It could have been a reaction because I felt those odd sensations every night just not as intensely as last night.

Could be a spiritual thing too

Sorry for the last text.

I reached out in fear as the physical stuff was strong

I once had a panic attack about 2 months ago and some of the symptoms were the same. So could even be that. Thanks for your reply

Will try to get to you today by 4Hi Betty, the texts are fine! I need to know if you don't feel right when doing a detox. Interesting about the spiritual thing because Christians are more likely to notice that when they clear out the liver/ do a detox there is some emotional dumping going on too. It's been so long that I have worked with Christians (who on the whole don't care about their health much) that I didn't think to warn you about that. And yes the herbs were too close together so maybe it made things too intense ie moving a lot of wastes and toxins around too quickly for you to clear it out. Dandy tea and water don't provide electrolytes so mineral water and more green juices instead of just plain water.

| 07-Nov-2017 12:00 am | Betty Bockhodt, Ruth Fellowes

EMAIL

Have the results come back yet?

I would also still like to see the 'normal' results from September. Normal does not mean the same as Optimal and that makes a very big difference when it comes to how we function on a daily basis. A classic one for women is that it is Normal to have ferritin at 11 (because that is within range) but it is by no means

optimal and any female with that low amount of storage iron DOES feel fatigued, or moody, or has bad periods, or gets sick all the time, or has thyroid issues or....

If you have them handy you can either drop them in (slip under door if I'm not here) or email or take photos on your phone and send to me.

BETTY 7/11

Hi Ruth,

Results are back. I have low levels of vit D and they found an issue with my Pap smear. I will pop into the surgery this week and pick up the paper work as it includes results for the heavy metals and the stool sample.

I can then scan them to you and make my next appointment.

I need to book in for a hair mineral analysis and the gene test please.

| 25-Nov-2017 12:00 am | Betty Bockhodt, Ruth Fellowes

EMAIL

Hi Betty,

here are the supplement dosages and dietary guidelines for you.

Recipes to come.

PS I am thinking we could hold off on the oxalates test for a little longer- once the 4 or 6 week cleanse has been completed- because things will have changed after that. Would you agree?

REPLY

Hi,
yes that sounds good

Just to check what the next four days look like:

Mrryh x4 twice daily
Stealth x3 twice daily
mag x1 scoop twice daily
vit d x4 once daily
â€ fish oil x4 twice daily

*there was one other product (Swiss) but I cannot remember what it was!!

Drink loads of water, eat salad....no fried foods, no coffee, no dairy, no gluten/wheat and no sugar or soy products! Only cook in EVOO and coconut oil. Drink the orange juice potion (cannot remember recipe), try Dandy Chai

I think that was everything I needed to remember.

REPLY 26/11

Hi Betty,

it's full on isn't it. Was the handout not easy to follow? You sound like you've got it though.

The Swisse is to go onto once the Healthy Life Vit D has finished. However I have just ordered a Vit D oral spray because I want a number of people on it (especially kids) so you may like to use this instead of

capsules and have less to swallow.

I have yet to send you some meal ideas I think- will check on that tomorrow.

BETTY -REPLY 26/11

Hi Ruth,

Yes it's full on. Today was day one and I struggled through with major headaches and many trips to the toilet. I felt flat and doses off a couple of times in the afternoon. Now I feel like I'm getting a fever

| 03-Dec-2017 12:00 am | Betty Bockhodt, Ruth Fellowes

EMAIL

Hi Ruth,

Just wanted to let you know that I am doing well.

I am keeping to the program. I'm good with remembering to take the herbs. I'm eating healthy and drinking loads of water. The seed and nut bread is beautiful.

I've lost a couple of kilos of inflammation. I can see my shape better. I don't seem to be experiencing any cravings. I used to think about food frequently but now haven't been. The bloating is going down.

I used to get quite itchy in the back of my throat but that's reduced too. The last time I felt that allergy flare was when I had a handful of almonds-but not sure if that is the cause or coincidence.

However, I can't seem to swallow the Adrenal cocktail. I've tried a couple of times but it's not going down. It's probably the fizz and the salt - not sure, it's just bad! Is there an alternative?

My emotions have been a little topsy turvy, I get frustrated quickly and the brain fog is still quite thick. I find myself daydreaming a lot and have quite a bit of trouble with getting my brain to focus on one thing at a time.

REPLY 5/12

Hi Betty,

Re the adrenal cocktail- if you don't like it then we will just leave it. You can try reducing the cream of tartar slightly to make it a little less foamy and reduce the salt a lot so it doesn't even taste salty anymore. It does get less foamy if you let it sit a few moments.

If you don't like the taste it's quite possible you don't need to do it. Maybe your sodium and potassium are ok but it's the Calcium and Magnesium that are too low (which are electrolytes like the sodium and potassium are).

There is an alternative to that drink, which is a liquid mineral solution you put in your water and drink. It has a slight metallic taste but if you dilute it into a 750ml bottle to drink, it is fine.

It's normal for your emotions and brain fog to not clear yet. Brain fog can take some time to lift because there are a lot of causes for it.

And congratulations on what you have achieved already!!

| 16-Dec-2017 12:00 am | Betty Bockhodt, Ruth Fellowes

EMAIL

Morning Ruth

I also ran out of the Myrrh.

Wondering if I need another bottle and whether I need to do the extra two weeks

Not sure how I would know?

REPLY

Hi Betty,

if you had a really rough time while taking the Myrrh, I would have said 'keep taking it' because it suggests you have a bit to clear out. But if things have been quite smooth, you can leave it!

| Betty Bockhodt, Ruth Fellowes

Appointment 16-Jan-2018 1:00 pm

Note Last Modified 17-Jan-2018 2:58 pm

After the initial patch of detox for 2 weeks she felt fantastic on it. Felt calm, no anxiety, no fatigue and slept really well. Finished this around Xmas and felt good for 2 weeks and it has declined again.

DIET- Adrenal cocktail- the soapy taste made her gag. And the foaminess. Suggest cutting back on the potassium eg cream of tartar or the bicarb to a tolerable level. The drink will be good for her na/ K balance. Has the hair 500 results to work with- if she ate red foods she felt moody and windy. Will go back to avoiding. Eating lots more veggies, maybe too much fruit. BF has chia pudding and likes this. Send her the GF chia bread Tania Hubbard.

Was following the hair 500 food list but then tried to bring foods back in. This has not gone well. Discussed how this is too soon and leave out for the full 6 months.

Water intake not yet high enough at only 1L. Needs 2.3L

GUT- feels like food just sits like a log in her stomach. Needs HCL to reduce this, and to improve her mineral uptake.

Discussion of HTMA. Slow 1 = low thyroid and adrenals. Very low absorption of all the nutrients. Needs gut care. HTMA recommend Para Pack which is a mix of herbs, B, Biotin, PS, Iodine and Se. But needs x6/d which lasts 2 weeks.

SUPPS- finish off MagTaur.

TO DO

Gut repair- start with Biomatrix, bring in Tresos B for B's, and as a good m/v and has lithium which is too low in HTMA. Bring in inulin to support gut care. No probiotics for now. Low gluten and dairy and still follow the Food list. Check what her diet is like at next visit - ask for food diary. In the future trial gluten and dairy to see if triggers. May need to do BAsica if she still can't do the adrenal cocktail. Consider adrenal herbs, Vit C, lecithin, methionine?

Funds all used up. Lookin into liquid herbs as a way to do another detox.

| 18-Jan-2018 12:00 am | Betty Bockhodt, Ruth Fellowes

â€‹Hi Ruth,

I was doing a little bit of research and came across some comments on the effectiveness of bone broth and even taking a three day bone broth fast.

Can you suggest best recipe for bone broth.

Do you recommend it for me?

Can I do the three day bone broth fast before I start the supplements you have put me on or can I do the fast while I'm taking them?

REPLY

Hi Betty,

That type of fast before you start the supplements could be quite good. No more than 3 days though- your body needs lots of nourishment atm.

They're pretty basic things to make. I much prefer a chicken broth than beef. Definitely season really well so it tastes yummy. I put in Italian Mixed Herbs, LOTS of garlic and ginger plus your regular soup veggies for flavour.

Here is the recipe I base mine off, from Sarah Wilson.

| 08-Feb-2018 2:56 pm | Betty Bockhodt, Ruth Fellowes

TO DO

when HTMA has everything low then look at heavy metals causing channelopathies or it's malabsorption.

Channelopathies:

P156 Trab text - heavy metals and parasites

p159- melatonin to open up channels; whereas DHEA helps to evict toxins.

Malabsorption:

enzyme malfunction

poisoning

| Betty Bockhodt, Ruth Fellowes

Appointment 11-Jul-2018 2:00 pm

Note Last Modified 11-Jul-2018 9:18 pm

PCOS identified in 2014. Trying for another child, but that is on hold because health has really declined. intermittent abdominal pain and bloating- alt diarrhoea and constipation atm too.

H pylori clear

latest bloods show abnormal AMH ie reduced = reduced fertility

D fragilis and Blasto both show in 30 April 18, then retested at May 18 because she was feeling really sick on keto diet which she was previously doing really on it. Was getting nauseous for a month. Couldn't even drink water. Tired and couldn't exercise. Pains. May 18 shows that D fragilis still present (note: this is known to be the more difficult one)

Sleep is a real problem. Can't get to sleep, feeling like things are crawling in her toes and fingers, itchy ears.

Itchy ears are recent. Can feel very itchy in her throat. Discussion about threadworms and do the sticky tape test.

Discussion about fasting is an option eg 2 days a week have just smoothies/ juices or soups (preferable).

TO DO

Review in 2 weeks and see how well the DE Powder is working, otherwise may do another round of the herbal cleansing tablets.

| 19-Jul-2018 12:38 pm | Betty Bockhodt, Ruth Fellowes

Text message 18.7.18

Hi Ruth

The stool sample I gave a few days before I saw you came back negative. I can't work out why as I hadn't done anything to deal with the parasite! Wondering if the tests are flawed somehow. Anyway my question is....if I didn't have a parasite is it still ok to keep taking the diatomaceous earth?

REPLY

It's meant to be a good test, I'll have to ask my colleagues if they have come across that happening before. Since you are getting lots of gut problems, I'd still take the earth. Coping with it ok?

BETTY

Yes, it hasn't made me unwell or anything like that.

I found that it gave me a burst of energy so I took it at 3pm yesterday instead of before bed

REPLY

Checked with others, the test will definitely be correct in saying it's gone. Therefore your gut symptoms can be due to threadworms (done the sticky tape test yet ;) let me know if you don't have the handout on how to do it, sent by email. OR the symptoms are a side effect of the treatment you did already have ie the meds.

Ruth

