

## Record Lachlan Francke

Client D.O.B: 07/11/2008

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 08/01/2021 17:46

Activity Date: 08/01/2021 17:46

### Contact

#### Email or text

Hi Ruth,

I just wanted to check if the Eagle vitamin D3 1000IU contained benzoates?

I have looked on the website, but can't gain access to the information.

Haven't started giving them to Lachlan yet, as I wanted to clarify this firstly.

Hope you enjoyed the Xmas break.

Hi Ruth,

I just phoned Eagle and was advised no benzoates or flavour in the product. It is just vitamin D in a rice bran oil suspension.

Will start giving them to Lachlan tonight.

I did want to question the dose though, as bottle suggests adult dose - 1 capsule per day. You have listed 5 capsules per day? To be honest I won't be able to get him to take 5. I know 2 will be possible, so is that ok?

REPLY

Hi Nicole

I didn't check my notes last time (I'm still on holidays) but it sounds like you have the capsules which is perfect. Capsules normally don't include any preservatives/ additives.

Yes he is to take the higher dose deliberately, for moods, gut health, immune health, reduction in sensitivities. Higher doses = better results in a shorter amount of time. You can choose to do x2 or x3 day then when finished move over to the Orthoplex Pure D drops which are highly concentrated neutral tasting drops.

Ruth

## Record Lachlan Francke

Client D.O.B: 07/11/2008

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 05/12/2020 10:46

Activity Date: 05/12/2020 10:46

### Contact

#### Email or text

Hi Nicole

In summary:

Vitamin D is much too low. This reduces the tolerance threshold to foods so we need to bring this up as quickly as possible. Vitamin D also gets the white blood cells in line, which are a problem.

All iron levels are good so we know this won't be affecting his moods or sleep.

B12 is technically ok but I'm favouring higher levels in people to get benefits for mood and sleep.

Folate is too low, prefer it to be around 50 nmol/L but it is currently 29. Folate helps support liver function, which is important for being less reactive to foods and chemicals. Folate is in leafy greens, meat, eggs. Asian greens would be ideal.

Kidney and liver markers show that he doesn't eat enough protein OR he can't digest protein well enough due to a lack of stomach acids and digestive enzymes. Protein is our key repair agent, especially for gut health.

His white blood cells are still a problem, with various ones being too high or low. The different ones indicate they are out of balance due to allergies, and/or parasites, and/or problems with worms.

Zinc was not checked. Zinc is needed for stomach acid production which keeps parasites and worms in check.

Supplement suggestions: B vitamins in general. Vitamin D. Zinc.

#### TO DO:

Does he have any known allergies eg dust etc? I wonder if there is a way to find out if egg is an allergy because this is one of the staples of the failsafe diet (although I think it's meant to be something he should have grown out of).

Can you do a worming treatment (just get something from the chemist) and repeat 10 days later? Note down if sleep and mood improve after worming.

We could do a parasite cleanse. It's a little risky because it will be herbal (pine needle extract) so he could get worse for a week maybe 2, before he gets better.

Lastly, we could repeat the stool test.





Ruth Fellowes Nutritionist Herbalist  
*Spectrum Health*

## Record Lachlan Francke

Client D.O.B: 07/11/2008

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 25/11/2020 09:03

Appointment Date: 25/11/2020 09:00

### Core symptoms

#### MOOD

Food cravings/ sneaky food

trouble sleeping and not getting enough sleep

under a lot of stress at school with friends dumping him 2 weeks before his birthday recently

#### BOWEL

#### SLEEP

not getting to sleep well- 10.30pm/11pm- happy to read and the mind remains active

takes a while to wake up

still quite explosive- sitting at an 8/10 with agitation

hungry all the time

#### ENERGY

#### PAIN

maternal grandma with kidney stones

he is prone to rhinitis- but not as mucousy these days (not drinking much milk these days though)

he is highly sensitive to fragrances and gets headaches

#### OTHER

lots of growth spurts and he is eating a huge amount

mum wanting to know how to fill him up with carbs

wanting sweet biscuits, jam on everything/ golden syrup/ maple syrup

has a lot of wind atm so hasn't been giving him eggs

it is already very smelly- not just sulfury but intense

we had to drop the magnesium due to loose stools but he maybe needs it in high amounts

having baths with ES but hates it because no-one else in the family does and he feels like he is being made different again like he is at school, so he is having a footbath while reading a book and this is working well.

The ssmp does seem to help him keep it together at school better and be a bit more level

### Diet

Lachlan has been sneaking food ( chocolate & biscuits).

Epic meltdowns this past week ( lasts nights went for 5hrs!). Lachlan has admitted to eating 2 x 40g blocks of choc in a sitting plus Arnotts biscuit. He had done this for the last 3 weeks.

little appetite in the morning

porridge gives him a runny tummy these days, so it can't be used to fill him up

still hates fruit because he only has 2 options of banana and pear  
has pulled back on sweet veggies but needs them

he is fine with amines but is it the vanilla in the biscuits and the chocolate that is setting him off?

Discussion about oxalates and link to salicylate sensitivity

Drinking too much water about 2L-3L NEEDS FATTY ACIDS/ MINERALS  
craving sugar -DIABETES?

he does at time crave salt eg on chips or on steak - encouraged him to allow to have plenty

## Herbals & Supplements

has been having SSPMP x2 am, then x1 at home and x1 at bedtime  
2 tsp inositol

still finding fragrance is a big concern at the school  
at least EO is not being used in his classroom but highly fragranced cleaning products  
he sits near a window

## BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist  
*Spectrum Health*

## Record Lachlan Francke

**Client D.O.B:** 07/11/2008

**Created By:** Ruth Fellowes

**Business:** Ruth Fellowes Spectrum Health

**Created On:** 26/10/2020 14:55

**Activity Date:** 26/10/2020 14:54

### Contact

#### Email or text

##### TEXT

Hi Ruth - SOS. Lachlan has been sneaking food ( chocolate & biscuits). Epic meltdowns this past week ( lasts nights went for 5hrs!). Lachlan has admitted to eating 2 x 40g blocks of choc in a sitting plus Arnotts biscuit. He had done this for the last 3 weeks. I only noticed the chocolate missing yesterday. I have given him epsom salt bath, ssmf 1 or 2 and the inositol 2 tsp daily. Is there anything else I can do to ride this storm? Any suggestions appreciated. He is calmer today but still flitting from one thing to the next. His reactions normally last 7 - 10 days. Nicole Francke

##### REPLY

You're doing all the best moves. He can have ssmf x6/ day. Could throw in another 1tsp of inositol ie 5 tsp in drink bottle to drink all day. Can put all 6 of the SSMP in there too so it becomes his tonic. Daily baths. This should mean only 3 days of pain instead of normal 7-10. On a side note, if he's craving choc he may need more mag and/or chromium for sugar cravings. Do your antidotes, then book in for a consult to troubleshoot the drivers for his sneaking food. Ruth

## Record Lachlan Francke

Client D.O.B: 07/11/2008

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 20/08/2020 11:06

Activity Date: 20/08/2020 11:05

### Contact

#### Email or text

Hi Ruth,

Thanks for dropping off the Pro Biome today, I have paid the invoice that was enclosed.

Regarding the EPA, Lachlan was taking 2 x capsules at dinner Blackmores Fish Oil 1000 (EPA180mg DHA120mg).

We have not been taking fish oil since last consultation, because Loch has been a little unwell ( upset stomach/headaches). Since re introducing Mutaflor his stomach has been a little temperamental.

On the new schedule you have him taking capsules at breakfast and dinner, but to be honest breakfast is not going to happen (fish oil after taste), so are you ok with going back to taking 2 x capsules at dinner?

Also 3 x ox bile to assist with high dose fish oil, but he is not taking high doses so should we just keep it at dinner with the fish oil tablets?

Double checking with Inositol that is the one to put in his drink bottle at school isn't it? Loch's anxiety is rather high the last week after school yard issues, so thinking this is what I need to introduce.

REPLY

Hi Nicole,

Yes we'll just have to stick with the Blackmores for now. It's better than nothing! And yes it is perfectly fine to take x2 at night.

You can just keep the oxbile to just when he takes the fish oil, however it was initially at a higher amount to make sure every source of dietary fat was being well absorbed for his hormones and therefore growth. So it could be good to have x1 at breakfast as well?

Inositol is the one to put in his drink bottle, yes. And yes please do introduce if school is difficult atm.



Ruth Fellowes Nutritionist Herbalist  
*Spectrum Health*

## Record Lachlan Francke

Client D.O.B: 07/11/2008

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 31/07/2020 11:04

Appointment Date: 31/07/2020 11:05

### Core symptoms

#### MOOD

still a tween attitude going on- aggression/ defiance/ tough guy attitude/ he's right/ fiery and explosive/ mountain out of a molehill- this can go on for hours

BUT there is maturity coming in now where he will acknowledge his mistakes  
nearly 12 yo

#### BOWEL

more loose stools lately for last 2 weeks now - off and on with episodes

a lot of stomach cramps atm- more like water-

finished mutaflor 2 days ago

still has some probiome- about to run out- has about a dozen left

normally goes 2 times a day

citramag x3 but he needs to reduce this because of his loose bowels?

#### SLEEP

not going to sleep until 10pm- worrying and thinking over everything at school- not enough sleep- too much anxiety

will do inositol and/or GABA

#### ENERGY

very sluggish in the morning- doesn't get enough sleep at night

gets home from school and just wants to sit still

CHECK IRON

#### PAIN

pains in his chest- growing pains? - maybe could be due to anxiety

always has terrible rhinitis-but not as gunky at night like he used to be which is a good shift

#### OTHER

lot of growth and puberty kicking in- hormonal balance coming in

SSMP- calms down as an antidote to sals exposure eg if he comes home and being aggressive (which has been due to a bad headache due to sals exposure)- but notices he has loose stools soon after- possibly very loose/ upset stomach so he doesn't want to take it before school

20-30mins to get calm from it- willing to talk about how he feels physically when it kicks in- now they know he has a headache

could we use it transdermally??

still very pale despite being on iron- so poor iron absorption?? LOOK AT COFACTORS

### Diet

need to pull back on the carbs for his moods and get more protein

he can tolerate cocoa/ amines so could do a plain choc protein whey powder

## Herbals & Supplements

Will change his supplements

focus on the moods which disruptive

NOT on the high dose fish oil anymore (can't remember why- the reflux taste was offputting??) NEED TO DO THE OXBILE AT EVERY MEAL

TO DO

blood test to check blood levels of iron and B12 primarily

iodine or iron deficiency- feels the cold

look into if compounder can do high dose EPA

LATER we will come back to focus on sulfates to detox phenols and merge him onto a PST diet

will taking No-Phenol enzymes help?

need cysteine, sulfate, taurine, B6

DO WE NEED TO ADDRESS ACIDITY FOR ENERGY? But he didn't have high strep etc, everything was instead low

## BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist  
*Spectrum Health*

## Record Lachlan Francke

Client D.O.B: 07/11/2008

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 01/06/2020 11:35

Appointment Date: 01/06/2020 11:30

### Core symptoms

#### MOOD

a lot of attitude happening atm- tween hormones happening

#### BOWEL

not sure if constipation due to eating porridge- still trying to work that out- only happened twice

difficult to get him to eat fibrous foods- trying him on wholemeal and rye sourdough

so they have increased pears and water

I suggest he try the Kfibre or psyllium husks

Normally he goes daily and very easily

#### SLEEP

was better while homeschooling- no anxiety due to homeschooling

had a week of being insomniac and sleep has come good again even with school starting up

#### ENERGY

fluctuating and still tired- growth spurt

memory is really bad over the last 2 weeks

iron finished just after Easter- but no blood tests being ordered atm due to COVID

#### PAIN

#### OTHER

has had a massive growth spurt and huge appetite

(therefore fat absorption occurring and he is getting his growth hormone)

### Diet

did try increasing sals but it was so difficult to assess because of problems with fragrances at school with COVID

v high load with sals atm so can't work out if he is tolerating foods better

### Herbals & Supplements

### BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair

## Record Lachlan Francke

Client D.O.B: 07/11/2008

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 04/05/2020 11:48

Activity Date: 04/05/2020 11:47

### Contact

Email or text

text:

Hi Ruth, we need to order probiotic for Lachlan. Can we please order 2 x bottles as there is only 15 days worth in each bottle. Probiome plus. Is there a larger bottle? Have you heard back about the Mutaflor? Do we need to order more so we can start Lachlan on this tablet aswell? Thank you Nicole Francke

Hi Nicole, I was cc'd into the conversation you had with vital.ly.com about the Mutaflor, and I could see it was decided they were still viable. Therefore yes you can use them as I had said a little while ago. Probiome plus doesn't come in a larger size, but at this stage we could cut back to x1/ day now that he has had a good dose coming in. Therefore it would be ok to go a little slower with that one since it's the Mutaflor that will be doing most of the work for the gut repair. PS there is a pro biome powder that would last longer but it's significantly less concentrated so would be much less effective. Lactobacillus builds up quite easily so I don't expect we will need to be on it too long. Ruth

## Record Lachlan Francke

Client D.O.B: 07/11/2008

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 24/04/2020 15:05

Activity Date: 24/04/2020 15:04

### Comment or research

Discuss D fragilis test result mix up for lachlan- does he have any bowel complaints remaining? ie is the gut plan working for him?

D fragilis = repeated diarrhoea, urgency, digestive problems, food intolerances eg IBS?, abdominal pain, bloating, nausea

potential pin-worm infection being concurrent with D fragilis

Treat: remove offending foods/ increase HCL production/ repair gut lining

As with many intestinal microbes the pathogenic nature of Dientamoeba fragilis is a debated topic.

Some researchers consider it opportunistic, only moving in and creating issues when there is a disrupted microbiome while other have committed it to the "confirmed pathogen" list

Herbs:

An in vitro study looking into the effect of different dried plant extracts (garlic, pomegranate husk, goldenseal, black walnut, and two species of wormwood) found zero effect on the Dientamoeba fragilis cultures.

I'm not quite sure what to make of these findings but figured it was worth including to be thorough.

Also, I have recently come across some research on the effect of fresh, crushed garlic as well as pomegranate husk tincture on protozoal infections (giardia and blastocystis specifically).



Ruth Fellowes Nutritionist Herbalist  
*Spectrum Health*

## Record Lachlan Francke

Client D.O.B: 07/11/2008

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 16/04/2020 21:15

Activity Date: 16/04/2020 21:14

### Comment or research

(per Alan Malouf at Visionary Health)

Hi Ruth,

We can fit the following in a '00'capsule.

Arginine 400mg

Citruline 100mg which will make Arginine and will total approx 500mg

Vit D3 500iu

Dose: 2 capsules twice a day on an empty stomach with water or juice will provide Vit D3 2,000-iu per day. With your approval we would suggest start on 1 capsule twice a day till any osmotic effects, which may cause loose bowel movements, then increase to 2 capsules twice a day.



Ruth Fellowes Nutritionist Herbalist  
*Spectrum Health*

## Record Lachlan Francke

**Client D.O.B:** 07/11/2008

**Created By:** Ruth Fellowes

**Business:** Ruth Fellowes Spectrum Health

**Created On:** 08/04/2020 19:30

**Activity Date:** 08/04/2020 19:30

### Contact

#### Email or text

Hi family

So it turns out that psyllium increases the Bacteroids, according to a mouse study. Also inulin which is sold as a prebiotic fibre at health food stores. If you wish to use it and can't find it, I can send to you.

Both are FAILSAFE friendly.

My only caution with their use is that being fibres, you need to start low and slow because the typical response is bloating and constipation from the sudden increase in fibre. (Which doesn't generally happen with the leafy greens). Also, plenty of water to match the fibre and stop it from clogging up the bowels, and causing the constipation.

Ruth



Ruth Fellowes Nutritionist Herbalist  
*Spectrum Health*

## Record Lachlan Francke

Client D.O.B: 07/11/2008

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 06/04/2020 10:05

Appointment Date: 06/04/2020 10:00

### Core symptoms

MOOD

BOWEL

SLEEP

ENERGY

PAIN

OTHER

discussion of bioscreen test results.

### Diet

discussion about difficulty of getting greens into him because he wants to live off cheese and toast. Will look at powdered fibre options.

### Herbals & Supplements

#### BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist  
*Spectrum Health*

## Record Lachlan Francke

**Client D.O.B:** 07/11/2008

**Created By:** Ruth Fellowes

**Business:** Ruth Fellowes Spectrum Health

**Created On:** 01/04/2020 10:22

**Activity Date:** 01/04/2020 10:22

### Comment or research

#### BIOSCREEN

Henry thinks he will not have a good size or BMI because of fat malabsorption, which is the prime feature in his test results.

thinks DHEA is more important than vit D to replenish

strep is ok, so sugar is not a problem for him

BUT VEGGIES ARE + arginine + cirtuline + BILE SALTS= fat malabsorption

2 months on e. coli- e. coli helps address the emotions, esp. depression, and will address fatigue

doesn't need bifido

he can have any lacto because there is no acid/ sugar problems to deal with

## Record Lachlan Francke

Client D.O.B: 07/11/2008

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 17/02/2020 23:15

Activity Date: 17/02/2020 23:15

### Contact

#### Email or text

Hi Ruth,

Just checking re Faecal Microbial Annalysis test, would it be advantageous to also include the parasite test as his bloods were high for Eosinophils?

I have already given him a Combantrim worming treatment as you suggested.

Just wondering if doing both with the one test would cover all bases?

Regards  
Nicole

PS the Choc chip cookies were a hit! ( I even halved the amount of choc chips and vanilla).

REPLY  
Hi Nic,

yes if you are willing that would be wonderful!

We can ask your GP for the same test and it is covered by Medicare, but we need to convince them it is really worthwhile. Plus it is a separate stool sample.

Everything in one go is ideal.

(If editing digitally, you should be able to double click on the box. To delete an X, right click then delete it).

## Record Lachlan Francke

Client D.O.B: 07/11/2008

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 14/02/2020 22:07

Appointment Date: 14/02/2020 09:30

### Contact

#### Email or text

Hi Nicole,

Keto Bread is low carb bread but often uses almond flour. These 2 recipes don't (the first one is Thermie friendly)

<https://www.recipecommunity.com.au/breads-rolls-recipes/keto-cloud-bread/th5mge8v-33ee8-580163-beea0-qf0z5qd1>

(Tip: if the recipe tastes too eggy, the answer is to add a dash of vinegar to reduce that, but that does mean adding some salicylates. I'm hoping that the cream of tartar does the same job as vinegar in this recipe).

This is one of the original versions that uses cream cheese.

<https://www.wholesomeyum.com/recipes/4-ingredient-mascarpone-cloud-bread-low-carb-gluten-free/>

I believe cloud bread is incredibly yummy, like croissants.

Hi Nic

Black bean cake, and choc chip biscuits. The 2 most popular protein rich sweet foods. Hope Lachlan likes them!



## Record Lachlan Francke

Client D.O.B: 07/11/2008

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 14/02/2020 09:32

Appointment Date: 14/02/2020 09:30

### Core symptoms

#### MOOD

resolving tension easier- coming back from an argument better

#### BOWEL

will go ahead with the stool test to know how best to recover from the intolerances.

#### SLEEP

has increased epsom salts to 1.5 cups and really helps with sleep

gp wanted them to decrease mag but when back up to full amount he was better at getting to sleep

#### ENERGY

#### PAIN

#### OTHER

comments on being paler

### Diet

just starting with breakfast- going to try for 3 hot meals / wk

has good protein for lunch

chic peas for crunch and sip

wholemeal bread being introduced

moderate salicylates

didn't do well with sulfites- so avoids glucose in case all the sulfite isn't burnt off

### Herbals & Supplements

has iron picolinate now 100mg x1/ day

has ascorbic acid 100mg

no constipation

### BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



## Record Lachlan Francke

Client D.O.B: 07/11/2008

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 20/12/2019 12:10

Appointment Date: 20/12/2019 12:00

### Core symptoms

#### MOOD

a lot of anxiety based symptoms still present even with the diet

has GAD

holds it together at school but not at home

#### BOWEL

gets diarrhoea from porridge or weetbix

toast is fine

minimal fibre in diet

has peas, has some red delicious apple now and then, has banana sometimes

mashed potato, carrots (4 slices)- occasional moderate/ low portion size

emotional reaction for 7 days as a food reaction- so an exacerbation.

did capsules with salicylates for the challenge, did amines as foods, no benzoate challenge because of antibiotics- no nitrates challenged, and just avoiding all the additives.

Avoiding glucose because of the nitrates traces.

discussion about status of gut health

#### SLEEP

difficult to get to sleep

e coli is probably low due to salicylates intolerance

#### ENERGY

#### PAIN

#### OTHER

### Diet

failsafe diet 2011- whole family follows it with some slight variations

wants to open up his diet

SALS/ BENZOATES/ NITRATE/ ANNATTO

Benzoates found out in antibiotics

### Pathology

## Timeline

Pregnancy and early childhood

Child/ young adult

## Herbals & Supplements

TO DO

mmm supplements

blood test for iron and B vits

## BODY SIGNS

Nails

zinc spots (large), dry nails,

Palmar

pale

Eyes

moderate - good

Tongue

orange/yellow colour coating on tongue/ bad breath just recently, slight crack down middle

Skin/ hair

smooth/ one red ear atm

