



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Bryce Henry

Client D.O.B: 14/02/1998

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 10/11/2020 10:52

Activity Date: 10/11/2020 10:52

Contact

Email or text

via fb msg

Hi ruth. Im sorry i cant email so need to msg. Bryce' s gut is still bad and he has gone backwards too far. He cut back restore than cut it completely 10 days ago, then cut other new things echinacea n calcium n b complex 7 days ago.

Anxiety and tears are back and some annoying habits.

We are at a loss as to what to do/try next? I thgt it wld settle by now.

I think our Only other thgts are a bug or sweetener. Thks jo

REPLY

Hmm, that is odd. Given it was 10 days ago since stopping the restore, it should have settled.

He needs to bring back the B vitamins because it will help with the moods. Is he still doing the L-theanine?

If he normally does well on that then bring it back too.

I'll talk with some colleagues because I can't see how the Restore would still be causing upset, so it might be something new that has flared up.

My previous notes suggest that something might have been brewing for a bit beforehand. Ruth

Record Bryce Henry

Client D.O.B: 14/02/1998

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 28/10/2020 09:09

Activity Date: 28/10/2020 09:09

Contact

Email or text

via MSGR

Question on new scripts bryce has been having 2 dsp LSA twice a day. You have now prescribed him GI restore twice a day you didnt say how much to have. He has been having 2 tsps as per the bottle. Shld he stop LSA? He has been gurgling and pooping heaps today.

Bryce's gut is pretty bad, i can hear him burping in the shower.

He didnt have LSA last night and continued with restore.

He says he hasnt felt good since starting restore and is adamant its to blame. Is it possible the restore is guilty?

REPLY

For Bryce.

Unfortunately that sounds like a case of too much too soon. I had expected his gut to be much stronger and would handle the normal dosing for GI Restore so much better.

I suggest:

1 dsp LSA twice a day

+

1/2 tsp GI Restore twice a day

If he gets constipated, he can go back up to 2 Dsp LSA twice a day like he used to. But keep to 1/2 tsp GI Restore.

Provided the GI Restore is tolerated at 1/2 tsp, keep increasing by 1/2 tsp every week, until he is up to the dosage on the jar (2-4 tsp each day). It's easy to take in water so he may need to just sip on it all day long for better tolerance too.



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Bryce Henry

Client D.O.B: 14/02/1998

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 13/10/2020 12:31

Appointment Date: 13/10/2020 12:30

Core symptoms

MOOD

BOWEL

wanting continued support with gut health- GI Restore and Biomatrix to do now
been complaining for months about how it was going ie getting gradually getting worse
feeling off- not nausea- gurgling feeling- but no pain
more loose stools

feels like the bacteria is playing up-and he is wonderful at pulling back on the tiny amounts of sugar

got even worse once the enzymes were gone

def needs to be dairy free

executive digestive can come back in

SLEEP

has been still doing L-theanine:
stop it, keep it the same, or increase the L- theanine

ENERGY

still good-
PS29 was for the yawning

PAIN

OTHER

skin has flared up recently- due to overuse of the acne cream- ECHINACAE & B Vits

Diet

mindful of sugar intake- will have it as a treat
dairy- must be avoided
gluten- prefers to avoid

Herbals & Supplements

Eno- can stop taking daily

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Ruth Fellowes Nutritionist Herbalist
Spectrum Health

Record Bryce Henry

Client D.O.B: 14/02/1998

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 20/02/2020 16:17

Appointment Date: 20/02/2020 16:15

Core symptoms

MOOD

doing good!

BOWEL

had a dairy reaction

had some sugar in a gf cake- makes him sleepy

SLEEP

sleeping solid

sometimes feeling drowsy waking up- just in the last week

L theanine seems to be working

ENERGY

concentration seems pretty good

PAIN

OTHER

Diet

Herbals & Supplements

x1 pristiq

x1 epilem - mum wants him to try 1/2 - he's really nervous about this- mum wants him to drop this before dropping off the epilem

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Bryce Henry

Client D.O.B: 14/02/1998

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 11/12/2019 16:07

Appointment Date: 11/12/2019 15:15

Core symptoms

MOOD

still feels like he is less foggy headed than he has for a long time

BOWEL

belly is a bit icky, and head is a bit foggy today though- hard to know if due to smoke

may still have 1 or 2 days of being off with belly/ head space, maybe only once or twice

SLEEP

ENERGY

still not yawning as much and not feeling as tired as much still

PAIN

OTHER

Diet

dabbling in chicken- not yet having twice a week - responding fine to it even marinated and he's tolerating them

should be ok to have some dates in with bliss balls

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue

Skin/ hair



Record Bryce Henry

Client D.O.B: 14/02/1998

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 15/10/2019 13:57

Appointment Date: 15/10/2019 14:00

Core symptoms

MOOD

no extra mental clarity but doesn't seem to be as foggy headed
was very vocal, restless, but bouncy and happy

BOWEL

maybe less of a bad belly- feeling less off in stomach, and less diarrhoea (more formed and less nugget).
Daily.

SLEEP

easy to fall asleep- but not sure if quality is good because he wakes up tired a lot

ENERGY

has been yawning a lot - not normal
not tired all day now, but when sitting down he does seem to be yawning a lot
maybe just too tired in the morning from poor sleep?

PAIN

OTHER

Diet

celebrate health brands of sauces could be used
san remo brown rice pasta, brown rice noodles
BF- protein shake (vital pea protein)
MT- carrot cake recipe
Lunch- salads, left over mince and pasta, meat and rice, casserole with veggies in
Dinner- same, mash, brown rice based pastas/ noodles
having bone broth as a powder sprinkled
cashew butter on quinoa / rice brown cakes
kombucha once or twice a week
berries for fruit and coconut yoghurt w vanilla bean

Herbals & Supplements

BODY SIGNS

Nails

Palmar

Eyes

Tongue



Record Bryce Henry

Client D.O.B: 14/02/1998

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 22/07/2019 11:42

Appointment Date: 22/07/2019 13:00

Core symptoms

MOOD

BOWEL

Flaring up again- affects his mood- doesn't think as clear- can't make a decision.
Meds get thrown out of balance.

SLEEP

good- uses L theanine and epilem and helps with sleep

ENERGY

ok- some days drowsy- doesn't do well on overcast days

PAIN

can be prone to sore neck due to poor posture

OTHER

cystic acne being managed with a cream

Diet

histamines still a big issue
previously was following the hair 500 diet
gluten free- quite strict with it because it makes his bowels loose
dairy free- bloating and gas is the side effect/ loose bowels
low sugar -already
will bring in chicken at once a week
LSA twice a day
Protein powder daily

Herbals & Supplements

pristiq x1 50mg (always the same dose)
epilem 200mg overnight (this has been reduced)
Epiduo acne cream

BODY SIGNS

Nails

all moons present

Palmar

good

Eyes

good conjunctiva

Tongue

coated from food

Skin/ hair

looks really clear

Record Bryce Henry

Client D.O.B: 14/02/1998

Created By: Ruth Fellowes

Business: Ruth Fellowes Spectrum Health

Created On: 23/05/2019 15:01

Activity Date: 23/05/2019 15:02

| Bryce Henry, Ruth Fellowes

Appointment 09-Feb-2017 12:00 pm

Note Last Modified 23-Mar-2017 11:37 am

MDA results- Increased need for PEA, serotonin, dopamine.

Bloods show mg/ zn are too high.

Notices a metallic taste sometimes/ dry taste in mouth.

Biotin more than x1/ day kept him awake.

X1 epilem 200mg am, Pristiq 50mg. Psych wanted him to drop epilem in just 2 weeks. Bryce not keen on this and his own GP says to take 2 months. Next step will be the pristiq. Without it he will just want to cry.

Avoiding gluten products (only mostly?)

Discussion on importance of protein

Will need to review pyrroles again at some point

TO CONSIDER- sulphur type flatulence and really embarrassed by it- use PS

txt message 19.3.17

Hi ruth sorry to bother you on Sunday. Bryce is very unwell again. Heart rapid at times and pounding, extreme wind, poor sleep, mood down, brain fog, crying, stressed maybe from 5htp? Wind been worse this week we thgt fr food but is soo bad yesterday n today. He had increased 5htp to 2 a at night a few weeks ago. If 5htp is it enough to stop it or i thgt u mentioned you can give something if needed. Sorry agsin hes soo bad he wanted to go to hospital even. Thks jo

Replies 19.3.17 and 20.3.17

If it's the 5htp yes it will back off if you reduce the dose again. Will get back to you asap with a better response. Farewelling guests ATM

Ok so it does sound suspiciously like excess serotonin (the excess wind is a little unusual as it is more likely to be diarrhoea- serotonin loosens things up). If it's been a few weeks at the extra dose he's probably built up enough that he doesn't need that second dose anymore. Things should ease very quickly once you cut back. Get in touch with me if things are exactly the same by tomorrow morning though.

I should clarify that if the symptoms are due to a medication causing the excess, it can take longer though. But as it is more likely the 5HTP it should clear in 24 to 72 hours from stopping the dose.

Jo reply: I also wondered if he has built an intolerance to almond milk so have cut that out. He was a lot better last night than previous two. He had one 5htp. Im at work but he said he feels ok. Will let u know later on. Thk you

| Bryce Henry, Ruth Fellowes

Appointment 23-Mar-2017 11:30 am

Note Last Modified 06-Apr-2017 11:39 am

REFER TO NOTES END OF 9TH FEB. Only about 3 weeks on the additional 5HTP. Feeling good now with reducing to x1/ day of 5HTP.

WAS HAVING A lot of almond milk so about 4 servings worth/ day for a while now. Dropped back to 3 recently. This has reduced the wind. Has avoided for 2 days- and seems to have made a difference.e

Mag still out and unclear if it is yet needed.

Has given up the Anzac biscuits, following the diet, rice milk will try again, no more oat flakes, or chewing gum, and even eats gluten free bread.

Was going to try a silica spray for the sweatiness, but couldn't get it. Silica capsules. Blooms with 140mg silica - do 3- for sweaty, hair skin & nails.

Doesn't like the calendula cream- can't do at night because the pimple cream is done at night and has to be washed off at night.

PEA- not done regularly ATM.

Needs to keep up the zinc food sources eg eggs, pumpkin seeds

Biotin x1/day

Bio enhanced Methyl B x1- not tolerated. Doing Blackmores Mega B instead or do ENs version.

The wind is not smelly, it is just crampy and excessive ie uncomfortable and causes distress. Sleep is disrupted at times due to excess wind, but also lately has been due to 5HTP excess.

Note: whenever Epilem drops the verbal rambling kicks in. This has been noticed since he has been dropped to the x1 Epilem. also when Epilem is dropped, Bryce gets hooked on games. So mum and Bryce are not keen on reducing Epilem rapidly (and may not even want it out at all, despite the GP/ SPECIALISTS? Recommendations). Look into L theanine for this, alongside GABA or instead of.

Will not bring in zinc again until their next blood test to see what the levels are like. So he needs to focus on zinc rich foods eg peptides, oysters, meats.

EDIT 6/4. PPMP although good for brain, isn't good for gut. Prob the lactose? Or, he might need more specific care for the gut eg PC for stomach congestion, SS for liver, biliousness and nausea. SP for gastric acidity. PPMP HAS 320MG LACTOSE, AND THE threshold for lactose tolerance is 250mg. Should have x1 P, x1Cal and x1 Sodium WITH EACH script. Should have a sodium salt with every script.

| Bryce Henry, Ruth Fellowes

Appointment 01-Jun-2017 11:00 am

Note Last Modified 02-Jun-2017 2:27 pm

SUPPS:

PPMP - still not tolerated.

Has been prescribed Somac- 8 days- got really upset & down with it.

BF- x2 mg, one Mega B BM, and Biotin. Not noticing that the biotin is helping. Try 1.5 to 2/ day for the focus.

Lunch- sometimes will do SB if needed. Not having gltueenze as he is completely GF. Gluten does make his belly worse.

Dinner- x1 mag, x3 EPO

BEDTIME- X2 gaba

DE trial- got worse- moods weren't good.

SLEEP- good. Solid. Drop off easily. Can be quite doopey in the morning. This is a concern for him.

MOODS- possibly Somac caused problems, eating gluten causes problems. Roller coaster ride. THOT ppmp- but this only affected bowel distress. Thought the DE was causing problems.

PAIN- can get sore neck due to phone, sore muscles in legs when walking the dog (fast walking)

BOWELS- gets lots of pain- up and down. Do thinks it is gluten more so. Other times up and down. CAn settle quickly. Gurgling. Moving between

Iberogast as needed. (Needs to be doing this daily) DeGas is not much help. Has Activated charcoal at home.

DIET- Needs to keep blood sugar in balance. encourage protein and veggies again.

BF- has a GF cereal with rice milk. Protein shake.

MT- Biscuits- Anzac- GFDF WITH HONEY (fresh honey)

Lunch- meat on a gf bun. No salad. Avocado though.

AT- choc cake- add in some protein to the recipe m is.

Dinner- mince, turkey breast, lamb/ steak a bit more. Still following the Hair 500 list. Veggies.

Dessert- cake apple and cinnamon.

Water- 2L

| Bryce Henry, Ruth Fellowes

Appointment 06-Dec-2017 12:00 pm

Note Last Modified 07-Dec-2017 10:48 pm

ENERGY- still feels drowsy in the head but otherwise energy is really good

SLEEP- good due to change in meds at night but although sleeps deeply he wakes fatigued. Brahmi Tone

MOODS- overall ok but if the gut is off not so good.

CONCENTRATION- 4 or 5/ 10- does need work. Can only do 1/2 hour study at a time during the day.

Changed to Pristiq to nighttime dosing instead of AM - and this is working so much better for him being less dopey in the morning. It makes him sleepy.

BOWEL- no signs of coeliac but can't have the gluten- does so badly with it (mum says it's upsets the gut- wind/ gas/ toilet habits ie more or less stools and upsets the brain- more drowsy and gets panicky and very negative). Stil has some bad days with the gut so can't work (paid work) because its so risky.

Having a protein shake for breakfast most of the time- getting a bit bored with that so sometimes has a mix of GF cereals.

TO DO- adjust some of the supplements now and in the new year do a dysbiosis protocol e.g. MH version which lasts for 1 week and repeat 6-10 times. Only need 1 bottle of each except for the GIT regenex (will need 2) and maybe x2 of the Bacto Cand GI if doing the higher dose.

| 07-Jun-2017 12:00 am | Bryce Henry, Ruth Fellowes

EMAIL 7/6/17

Hi ruth

I saw the doctor today and I have booked another heart test next week and then will review further.

Bryce changed his epilim to night time instead of morning to try and reduce his morning sleepy feeling. He changed his 2 x gaba to morning.

He has still been so dopey he is not coping he says his eyelids are so heavy and his brain is foggy, he can't drive and can't study.

I am thinking to cut gaba back to 1 and he could add another one through the day if/when he needs??

He is still crying every couple of days and it is really getting him down.

I don't think he is currently on anything to help his brain? We do have some in our layering plan.

He has cut a few things out he had previously incl 5 htp. Its really hard to know now if the things we have cut out really needed to be, but here we are.

My only other thought is if the biotin is not working for him now and we increased it to 1.5 a day after we saw you? Could it have a reverse effect??

The plus at the moment is that his gut is better than it was.

We will get to the doctor asap for the stool test.

REPLY

Hi Jo,

I seem to have missed this email. I have been busy with preparing for and presenting 3 workshops at a Sydney school over the long weekend and now catching up on emails.

I agree that he may have taken too much out and it may help to bring back in the 5HTP at x1/ day. This needs to be taken on an empty stomach, away from the Epilem.

It sounds like the GABA is terrible for him during the day, so you may have to go back to Epilem in the morning and GABA at night. Can do 5HTP and GABA again at night like he used to.

The biotin is more likely to make him agitated than weepy so not sure that is causing the problem. But if in doubt, leave out.

Please let me know if those recommendations don't make sense, or if the layering ideas don't make sense.

| 13-Jun-2017 12:00 am | Bryce Henry, Ruth Fellowes

EMAIL 13/6/17

Bryce had changed his epilim to night time to try and cut back the drowsiness in the morning. So I don't think we will change it back to morning again.

One gaba in the morning is better than 2 but he needs a wakey brain pill in the morning.

He has mag taur xcell to layer in and omega brain. Does he stop his other magnesium when he takes mag taur?

I will order them tomorrow, which one do you think will be best first for waking up his brain? He hasn't cried for 4-5 days, yay.

REPLY

Do you mean which magnesium to wake his brain? Or whether to do mag or fish oil first?

Do the MagTaur- I think that will help him with mental energy. Fish oil is also effective but takes a while to kick in.

JOANNE HENRY

Sorry this is getting confusing.

Bryce is on tri magnesium citrate and a fish oil with his epo.

I didn't realise the omega brain is another fish oil I should have!

So I was asking whether to do the mag taur or omega brain first and when he starts mag taur whether to stay on his mag citrate?

REPLY

Hi Jo,
I can see I didn't make the script very clear at all.

The MagTaur is to replace the magnesium capsules and the B vitamin tablets.

The Omega Brain is to replace the fish oil/ EPO combination.

I suggested bringing in the MagTaur first as it is calming to the nervous system, before we layer in the Omega Brain which will work on improving brain function and moods.

Does this make more sense?

JOANNE HENRY

Thanks Ruth that makes sense. He has mag taur now to try and I tried pain x last night, not a great sleep but I'm sure it will get better.

Oh and we did the GP yesterday for Bryce. He is going to email you himself. Bryce had parasite stool test before so he will send results to you.

| 23-Jul-2017 12:00 am | Bryce Henry, Ruth Fellowes

EMAIL 23/7/17

I forgot to say how much Bryce's diet has improved.

He has protein shake for breakfast which he always said he would never do!!!

He cooks his own anzac biscuits with honey instead of his not allowed golden syrup and makes omelettes for him and Andrew.

He has taken on and enjoyed brown rice, goats cheese, spinach leaves, pumpkin, STEAK, home cooked whiting fish fillets, pepitas and any good or disastrous attempt at anything I make including bad pastry.

Amazing changes and I am still surprised at what he eats, asks for seconds of and asks for me to cook again.

Thank you for our patience and help, something is working.

| 24-Jul-2017 12:00 am | Bryce Henry, Ruth Fellowes

EMAIL

I thought I would keep Bryce's update separate to mine.

Bryce saw the gastroenterologist Dr Routley a few weeks ago. He is having a colonoscopy and gastroscopy

this Wednesday in Newcastle.

He had to go onto gluten for a few weeks being 2 slices of bread a day so he can test for coeliacs.

He is confident he will be able to help. He suspects it is a bowel movement problem rather than coeliacs and that the problem foods aggravate it. He said sometimes the foods go through too fast or too slow causing the wind etc. but didn't actually go into how that is treated. I guess we will see how we go after the tests. He was very nice and down to earth which is always good.

For now I just have to get Bryce through till Wednesday. He has had extra wind from the gluten and Tuesday he has a clear liquid diet and the clean out medicines!!

Bryce has been taking the Omega brain plus which seems to be working well but it is really messy smelly stuff. Have you tried it?

It doesn't really mix into juice it floats of course like oil. Bryce has been taking it straight off the spoon but a fair bit gets spilt in the process and the smell goes

Through the washing up. We are trying to eliminate it by having a designated cup etc.

Is there a capsule similar?

Bryce has taken the L-theanine for a few days and it does seem to help wake up more alert.

We will let you know how he goes with his scope tests.

He has started his tafe course, can do about half an hour or so at a time but hasn't done more than 1 ½ hrs in a day. He is doing a lot of jobs around the home, very happily cutting firewood, lighting the fire, walks the dog ever day with Andrew, cooks his GF cakes and cookies etc. There are lots of positives and I can still see him improving. The lows are less and he really thrives on good company and he is hating the loneliness of his hours at home.

EMAIL 25/7

Hi Jo,

so this is sounding like SIBO or even SIFO, because they are bowel motility problems. SIBO = small intestinal bacterial overgrowth and SIFO= small intestinal fungal overgrowth. I think it might even be possible to have both at the same time... So glad you have a lovely specialist to work with. Lets see what the specialist comes up with, otherwise I get to try out 2 new herbal formulas (in tablets) that are designed to target SIBO. If he's up for yet more tablets :)

Re the Omega Brain Plus, yes I have used it and I like it because of the peppermint/ slightly creamy taste to it. Unless the adult version doesn't have the peppermint flavour and only the kids one does?? When I had NOah on liquid fish oil he was always spilling it too and it would stink his school clothes. Sigh. It won't mix with juice because it does float as you say. So if he is no good at putting it in a shot glass with juice and downing it in one go without dribbling LOL, he will be best to use a straw and do it in one breath.

There are no similar tablets unfortunately. I guess it might mean having to take 6 large capsules to equal the amount in 1 tsp. An option is to do fish oil capsules plus capsules for the phosphatidyl choline.

And I am absolutely flabbergasted at how his diet has changed!! Amazing work you guys. It won't be something we've magically hit on, but we are finally seeing the accumulation of all the hard work you have put in over these many months.

JOANNE HENRY- EMAIL 21/9

Hi Ruth

I realised I haven't updated you since Bryce saw the gastro specialist. I was sure I had and just went looking for the email but can't find it.

So specialist said it was bowel movement issue, sometimes too fast and sometimes too slow. He prescribed psyllium 1tsp a day increasing 1tsp a week til reaches 4tsp day. He is to try it for 6 months and go back if things don't settle.

Bryce was noticing improvement after 5 days as in less toilet trips, then he got gastro bug which made life rough for about 7 days. It threw his prescription meds out and he

Was having brain zaps etc.

He has now built back up to 3 teaspoons a day which has he in 2 doses ie 1 ½ tsp morn and afternoon. His gut however has not been good and his brain hasn't been good a lot of the time. He hasn't been able to do the usual amount of study and is really not thinking well. His stomach is gurgling around so much at night he has to sleep propped up.

So we had figured something was not right again rather than just getting back to norm after the bug.

After much frustration and prayer again the penny dropped. I checked his hair test foods and he can't have psyllium. ARGHHH. I was so sure I checked it in the first place but I obviously didn't. Dumb dumb and dumber.

So today he hasn't had any psyllium and hopefully any effect will soon be gone. I think he is better tonight so far then last night.

That leaves us with needing treatment still for the problem. Round and round and round we go J

It will be good to get something fairly quickly as he is pretty frustrated.

Let me know what you think.

REPLY 23/9

Thanks Jo,

I have email server hassles at the moment. It pops up quite regularly and there is no way to fix it- just have to wait for it to work itself out.

Firstly I think it's pretty cool that a specialist recommended psyllium husks, but good detective work in finding out why it wasn't working so good. Another option is slippery elm or LSA or flaxseeds.

Because the specialist mentioned 'motility problem' I think we need to really look at SIBO. It was something I've been wondering about for Bryce fairly recently but not sure if I mentioned it ever. Use this link and do a questionnaire to see how high the likelihood is of it being a problem. It is unfortunately a real pain to clear up and relapses are common regardless of if you do the pharmaceutical way or the natural way.

<https://sibotest.com/quizzes/1>

The best website to learn more about it is this one <http://www.siboinfo.com>

| 24-Sep-2017 12:00 am | Bryce Henry, Ruth Fellowes

EMAIL

Thanks for that Ruth.

I am not so sure I like the fact it's a pain to clear up and relapses altho the roller coaster we seem to ride in reality is probably much the same.

I long for a solution so I will talk to Bryce about it and work out what to try next. I did the quiz and it sounds like me too, love our genetics.

Janet, Jacinta and Josie arrived Friday night and Janet heads to Sydney tomorrow to fly to Nepal on Tuesday to link up with Ross and Donna Nancarrow for a ministry trip.

Janet got sick before they came, likely malaria and has had much prayer and medication and determination to set out and deliver the message God has given her to share to a women's conference there. Message being "there is a cost but there is a reward". Need I say anymore other than in her sickness she still hears and obeys the call of God. Love her.

I will get back to you soon.

Love Jo

| 07-Feb-2018 9:20 pm | Bryce Henry, Ruth Fellowes

Email

Hi Jo

in looking at the plan for you and Bryce, you are actually fine to keep them the same. I don't know about your liver enzymes but Bryce's have only just started to rise so there is a strong chance that dealing with the gut will bring that down.

However a good option for you both for fatty liver is to take N Acetyl Cysteine which is researched to help with Non Alcoholic Fatty Liver Disease. It takes 12 weeks to make a difference and the dosage is 600mg/day. This is roughly 1/2 tsp (the spoon with the jar is very small).

I've added it to the www.vital.ly.com.au link for you. You would only need 1 tub between the 2 of you. It is a sour tasting product- like sucking on lemons- but Biomedica make a very popular tasting lemon version that some claim is like drinking lemonade. I haven't tried it but even kids will take it so it can't be too bad. The berry version mixes nicely with grape juice or berry juices/ cordials.

I think you might need to do gene testing to work out all the blocks in your pathways and why we need to keep going carefully and slowly with you. But first see how well you respond to this type of cleanse- so far it's working really well for others who do it.

take care

| 27-Mar-2018 2:45 pm | Bryce Henry, Ruth Fellowes

Email 23/3

Bryce also is doing very well. His brain and energy have been amazing. He has started his uni pathways course and is so far blitzing even the boring subject, no meltdowns even. I think his gut is pretty good to just the weekend dose of pills messes him up. He is better through the week. We had thought about

making his weekend not Saturday and Sunday as he is missing out a bit on weekend things. (Note: this is BactoCandGI and Stealth Complex- the killing complexes).

Bryce has NAC too and is good with his pristiq in the afternoon.

REPLY

Hi Jo,

Yes I was hoping that silence meant things were ok!!! Relieved that that is the case.

Shame about the gut still being touch and go, but there is a lot of talk about heavy metals especially aluminium being a problem with stomach complaints and fibro that doesn't resolve well enough. If you want to, you could start drinking Fiji Water (in Woolies) which is 45% silica. Silica naturally binds to aluminium (and possibly other metals, yet to double check) so is a wonderful nutrient to use.

I like your idea of moving his weekend tablets to another time in the week. If at this stage those weekend ones are still causing problems- which is unusual- it does at least tell us what the most important nutrients/ herbs are for him. Good on him for taking his NAC. There is the slight possibility that because it supports detox pathways in liver, which are pathways that also help clear out medications, that he might be clearing out his pristiq too quickly ie making it less effective. But since you haven't noticed any decline in mental health it mustn't be a problem.

Gold stars for both of you.

| Bryce Henry, Ruth Fellowes

Appointment 24-Apr-2018 2:45 pm

Note Last Modified 24-Apr-2018 3:07 pm

Bacto CandGI- gave lots of reflux. Maybe 8 weeks now. Made him very refluxy.

BOWEL- lots of toilet trips (incomplete evacuation) on the bacto cand gi. Bloating mostly in the morning (more noticeable after the protein shake) and grumbling at night. Maybe more comfortable in the belly overall.

Concentration- dropped as the supps reduced the effectiveness possibly of the meds. Became very ramble and talkative. Some days much better- esp much better without the bacto cand GI.

ENERGY- much better

SLEEP- all good- no trouble with this, but having L theanine still.

The gut-brain connection is still prime focus. But would say GUT.

