

Penny Wood

Attached:

Negative H.pylori test - Dec 2021

SIBO tests (fructose & lactulose) - Dec 2021

GI stool test - May 2021

Blood test – Feb 2022 (celiac gene pos)

Gut symptoms (sudden/rapid – nil gut issue prior)

October 2019 = suddenly gained 10 kg in 8 weeks as well as sudden bloating/distention after severe ongoing life change/stress. I had insomnia, was suddenly sedentary, eating peanut butter by the bucket load, adrenal fatigue burnout, periods delayed). Gut symptoms were:

- Upper abdominal distention/bloating all the time
- Gassy
- Inability to lose weight
- Sugar cravings
- Green/sticky bowel movements
- Brain fog/fatigue
- Feeling full without eating
- Thrush discharge internally (no itching, pain, nil external discharge – GP thrush test negative)
- Was GF/DF mostly at the time

* No history of food poisoning, never been on the pill, no endometriosis, no acid blocker use, no antibiotic use for 1-2 years prior to gut symptoms.



(Tummy shortly before gut issues started)



(Oct 2019 – 8 weeks difference, symptom onset)

I saw my naturopath for cycle/adrenal support. That was my priority over gut at that point. We shifted the focus to gut stuff later after I couldn't improve the gut symptoms on my own with a no sugar/gluten/dairy diet.

Stool test (May 2020) results: (while we waited for these results, my naturopath tried me on digestive enzymes – no changes noted).

- Large intestinal candida overgrowth
- Poor good gut bacteria levels/
- High opportunist gut bacteria levels
- Leaky gut
- Ok with gluten
- Some poor fat malabsorption
- Low inflammation

Treatment plan from stool test:

I did a very strict 6-week candida diet with supplements = minimal 10-15% change to gut symptoms at most. Lost 2kg due to not eating much.

~~Sugar, fruit, starchy veg, refined carbs, bacon/ham, bread, dairy, gluten, no black tea, peanuts, no raw food~~

4/5 hours between meals

Ginger tea 5 x day

Breakfast – omelets with capsicum, chicken

Lunch – hummus/cucumber

Dinner – fish/chicken, cucumber, tomatoes, spinach, egg, 10 walnuts

BioCeuticals Ultrabiotic 500
Eagle Tresos clinical probiotic
BioMedica SB Pro
Orthoplex gut Rx
Clove tonic



After 6-7 weeks of the candida diet/supps, my naturopath took me off the candida diet as there wasn't much change and we added in my GF oats again and she recommended eating purple foods daily to help good bacteria. I did this for 10 weeks – no changes.

COVID LOCKDOWN

I ran out of supplements as my naturopath was on emergency surgery leave. I didn't notice any changes (positive or negative) without the supplements. I then tried a low GI diet /no starchy foods/exercise/food 4-5 hours apart for 8-10 weeks which didn't help much either.



End of 2021

January 2022

In the 8 months since I've been focusing on my gut health solely, the distention hasn't changed at all but I am less gassy and bowel movements are solid (more on constipated side at times). 3ish months ago I started suddenly belching after meals/water and having rotten egg smelling farts. I managed to have one last consult with my naturopath before she retired and she referred me for SIBO tests (fructose & lactulose).

Current symptoms

- Upper abdominal distention/bloating all the time
- Inability to lose weight
- Bowel movements daily but constipation maybe twice a week?
- Brain fog/fatigue
- Feeling full without eating

- Thrush discharge internally (no itching, pain, nil external discharge)

A few things I tried in in January 2022:

- ACV for 2-3 weeks before meals = upper abdo less hard, bloating moved down to and below navel
- Single dose of Combantrin and Canesten = woke up 2 days later to less distension/tummy felt lighter. Most change seen yet. Tried another single dose Combantrin 1 week later and it didn't do much.



2 days after Combantrin & Canesten (didn't last long but most change yet)



Usual kind of daily bloating