

JULIE LANDON NUTRITION

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ATMS Accreditation: 29613



29 November 2024

Elisabeth Ackers- Nutrition & Lifestyle Plan

Reason for Visit:	Initial Goals:
Significant weight gain since onset of perimenopause and/or starting antidepressants	<ol style="list-style-type: none">1. To lose weight (~10kg)2. To reintroduce some higher FODMAP foods without triggering negative symptoms
Action Steps: (linked to goals)	
Nutrition/Food Steps	Lifestyle Steps
<ul style="list-style-type: none">• Increase vegetable consumption across the day - aim for 4-5 serves (slowly increase). Particularly leafy greens (1 serve) e.g. spinach, silverbeet, rocket• Timings of meals - limit to 3/day not 1-2 hourly snacking• Protein earlier in day - add chia to your yoghurt	<ul style="list-style-type: none">• Not discussed
Supplement Recommendations (Prescription attached)	Further Recommendations
<ul style="list-style-type: none">• Orthoplex Gut R (glutamine + other nutrients to soothe gut) for 6 weeks• Orthoplex MultiGen Biotic (probiotic) for 1 month• Bioclinic Naturals Iron for 1 month (then redo iron studies)	<ul style="list-style-type: none">• Phenotype assessment and precision health program to identify and guide best foods and lifestyle choices for your individual body. (\$395)• Continue taking your Herbs of Gold B vitamins until finished pot.

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RESCRIPTION

Client Name: Elisabeth Ackers

DOB: 07/06/1971

Supplement	Breakfast	Lunch	Dinner	Before Bed	Before/With/After Food
Orthoplex Gut-R	1 level scoop, in water				With
Orthoplex MultiGen Biotic	1 capsule				With
Bioclinic Naturals Iron			1 chewable tablet		With

Script valid for 3 months. Do not exceed recommended dosage. Take supplement strictly as directed. Please inform Julie Landon if there are any changes to your health or changes to medication/treatments from another health practitioner. If you have any issues or questions, please consult with Julie Landon.

PLEASE READ - Additional Information

- Stop taking existing Vitamin D supplement whilst on GutR
- Finish existing probiotics, then start taking prescribed MultiGen Biotic probiotics.
- Iron must be taken 4 hour away from Gut-R (Iron affects absorption of zinc)
- Bioclinic Naturals Iron contains a very small amount of sorbitol, so low that considered low fodmap but wanted you to be aware in case of adverse symptoms.