



Case summary and treatment plan for

Lucy





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Case summary

Your long history of gastrointestinal disturbances appears to have an unknown trigger or cause. It is possible that a multitude of factors (stress, change in diet, infections etc) collectively triggered changes in your digestive function and microbiome, which has since persisted in a constant state of imbalance.

We will first work to correct basic underlying dysfunctions which are common in SIBO, dysbiosis, or other disorders related to the microbiome. By improving overall digestive function, it creates an environment for the healthy bacteria to thrive, promotes SIBO decontamination, and re-trains the digestive system for long term health.

02

Treatment goals

1. Reduce uncomfortable digestive symptoms
2. Improve digestive function and capacity
3. Improve tolerability to wider range of foods
4. Support moods and sleep

Stage 1

Improve digestive function with herbal bitters, aromatic digestive, anti-inflammatories and demulcents

Stage 3

Assess and support other health concerns such as fatigue, menstrual pain, sleep quality and low-level anxiety, and address causes i.e. iron deficiency.

Stage 5

Support long-term health maintenance and homeostasis.

Stage 2

Assess treatment response and consider other underlying causes if treatment fails - redirect treatment.

Begin dietary changes to improve microbiome balance

Stage 4

Review dietary patterns and continue to improve tolerability to microbiome-enhancing foods such as garlic, onion, beans, lentils, whole grains etc.

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Prescription - Diet and Lifestyle

1. Continue with daily and weekly exercise regime
2. Focus on wholefood diet with a variety of tolerable fruits, vegetables, meats, nuts, seeds, legumes (hummus). (Don't stress too much about the detail here, as we can work on specifics in subsequent appointments).
3. Continue to restrict processed sugars as much as is practicable, and any other known triggers.

04

Prescription - Supplements

Product	Dose	Rationale
Herbal mixture	7.5 mls three times daily in small amount of water 5 minutes before main meals*	Herbal mixture to support digestive function, reduce digestive inflammation, and support moods and energy levels.
BioMedica BioMatrix	1 heaped tsp twice daily	Soothe and repair irritated intestinal lining.

*The herbs should be taken before meals, twice daily. Ideally they should be taken approximately 5 minutes before you start eating, however do not let this become a source of stress. If you forget, the herbs can be taken anytime during the meal, or up to 15-30 minutes after a meal.

Ideally the herbs should be taken before the 2 largest meals of the day.

Herbal mixture contains: Ginger, Gentian, Schisandra, Chamomile, Marshmallow, Golden seal and Withania

04

Prescription - Example Daily routine

Product	Breakfast	Lunch	Dinner
Herbal mixture	7.5ml		7.5ml
BioMatrix	1 tsp		1 tsp

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Prescription - Other

1. Continue with Qenda fibre as needed
2. Continue with MagDuo tablets - increase to 2 tablets before bed.
3. Continue with NAC, enzymes, fish oil and iron if desired.