



Case summary and treatment plan for

Lucy





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01

Case summary

Your improvements indicate that the current treatments are appropriate and indicated for the short - medium term. The herbal formula which is designed to improve your digestive function will have flow on effects to your gut microbiome, and the health of your gut lining. BioMatrix is designed to target the deeper layers of your gut, reducing inflammation, reducing leaky gut, and improving your tolerability of a wider range of foods.

We will add additional support for the gut-brain-axis with BioMedica Calmplex, which is a mood stabiliser, with the added benefit of lavender and lemon balm being excellent carminatives (helps to reduce bloating and excessive wind).

02

Treatment goals

1. Continue to reduce uncomfortable digestive symptoms
2. Continue to improve digestive function and capacity
3. Continue to improve tolerability to wider range of foods
4. Increase support for moods and the gut-brain axis.

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.

04

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).
 - a. **Begin to re-introduce eliminated foods one at a time for a few days i.e. oats, peanut butter, onion, garlic. Monitor for changes to symptoms - either gut symptoms, or in general i.e. increased fatigue, poor moods etc. If symptoms flare, keep avoiding the food for the time being.**
 - b. **Include variety as much as is practicable, in particular in brightly coloured and dark fruits and vegetables - consider frozen berries, dark plums, spinach, kale, broccoli, capsicum, sweet potatoes, red cabbage, beetroot.**
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 twice 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.
BioMedica Calmplex	1 capsule 3 times daily	Support moods and the gut-brain axis.

*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
CalmPlex	1 cap	1 cap	1 cap

04

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.