



Case summary and treatment plan for

Lucy





Contents

01 Case Summary

02 Treatment goals

03 Plan

04 Prescription

01

Case summary

Your improvements indicate that the current treatments are appropriate and indicated for the short - medium term. Continued improvements are expected over the next 3 months, but if improvement plateaus, it would be prudent to rule out other underlying drivers (e.g coeliac disease).

Transient plain/bloating/constipation appears to be the main lingering symptoms of concern which we will address in several ways, by altering your herbal medicine prescription, adding probiotics (BioClinic SIBO Balance), and GI Restore.

Continue to use Calmplex only if needed, however supporting your mental health with daily meditation is likely to be more effective and beneficial to your overall health and nervous system function.

02

Treatment goals

1. Maintain improvements in mental health
2. Reduce periods of transient uncomfortable gut symptoms
3. Improve stool form, frequency and gut transit time

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 wholefood diet as discussed at last appointment
2. Continue with daily meditation to support mental health and nervous system function

04

Prescription - Supplements

We will adjust your prescription in stages

1. Introduce BioClinic SIBO Balance
 - a. After 1 - 2 weeks, contact me via email with any updates. If symptoms are not significantly improved, we will go ahead with change your herbal mixture to introduce some very gentle laxative support
2. Introduce new herbal prescription
 - a. After 2 weeks, contact me via email with any updates and we will either
 - i. Continue with 500ml bottle → if all going well.
 - ii. Make a “script review” consultation → if new mixture does not help with symptoms

Try to re-introduce GI Restore in the same cup as BioMatrix (2 heaped tsp twice daily)

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 GI Restore	2 heaped tsp twice daily	Improve stool form and consistency

*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
GI Restore	2 heaped tsp		2 heaped tsp

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.