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Personal Goals:

- 1 Reduce gut pain and discomfort, bloating and flatulence
- 2 Reduce tiredness during the day
- 3 Lose weight

Nutrition Goals:

- 1 Find foods that don't cause stomach upset and reduce overwhelm

Functional Testing To Order:

MetaXplore Gut Microbiome Profile \$369 Retest in August 2024

Referrals

See your GP to retest faecal calprotectin in August 2024

Supplement Prescription:

Supplement	Dose	Reason
BioGaia Protectis	Chew 1 tablet with breakfast, lunch and dinner.	Reduce methane producing microbes,
Nutra-Life Probiotica Kids Daily	Chew 1 tablet with breakfast, lunch and dinner.	Reduce LPS producing microbes, improve gut transit time, relieve constipation
Designs for Health Curcum-Evail	1 capsule daily	High calprotectin, intestinal inflammation, inflammation, antioxidant, supports healthy digestion
Ariya Health GOS	Week 1: start with 1/2 a level tsp daily for one week working up to 1 tsp daily with water, juice or smoothie. Week 2: increase to 2 level tsp daily.	Relieve constipation, enhances immune system function, inhibits bad bacteria colonization (E.Coli) including LPS bacteria, and improves nutrient absorption.
Bioceuticals Multigest Enzymes	Take 1 capsule at breakfast, lunch and dinner - especially if eating a fatty meal.	Digestion of fats, proteins, carbohydrates and lactose, relieve digestive discomfort, indigestion, bloating, flatulence

The above supplements in highlighted in RED are to be taken for the next 3 - 6 months to see improvements with blood and gut markers.

Nutrition Prescription

Recommendation	Reason
Eat 1 kiwi fruit daily (remove the skin)	Helps to relieve constipation. You may buy frozen kiwi fruit and add to a smoothie with cucumber, pineapple, ginger and turmeric powder mixed with water and ice.
Consume 2 - 3 serves of fatty fish per week (salmon, tuna, barramundi). Another option is to include 1 tbsp of flaxseeds to meals daily and incorporating chia seeds into the diet as they contain omega 3 fatty acids.	Omega 3 fatty acids inhibit Lipopolysaccharide absorption and E.Coli bacteria from adhering to the gut lining causing inflammation. anti-inflammatory properties.
Follow Low Fructose Guidelines - see separate handout	Fructose is poorly absorbed in the gut and contributes to abdominal pain, discomfort, bloating and flatulence. Main culprits in meals are onions and garlic.
Remove Gluten from the diet - see separate handout.	Gluten has an autoimmune impact on Hashimoto's thyroiditis - triggers the immune system to attack thyroid cells but also causes inflammation around the body including the gastrointestinal tract leading to leaky gut syndrome

Lifestyle Recommendations:

Continue exercising 2 - 3 times per week - focus on strength training to target fat loss