



Your Personalised Nutrition Plan

Date: 23/03/2024
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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
- 2

Functional Testing To Order:

MetaXplore Gut Microbiome Profile \$369

Identify gut microbiome species that are out of balance, intestinal health and inflammation, digestive function and detoxification process. Recommends specific foods to improve health.

Supplement Prescription:

Supplement	Dose	Reason
Bioclinic Naturals Thyrosense	2 capsuls at breakfast and lunch	Hypothyroidism
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

Nutrition Prescription

Recommendation	Reason
Practice mindful eating, chewing food slowly	Increases natural digestive enzymes to help digest food. Reduce gut discomfort, indigestion and bloating
Easy Diet Diary - 3 days food intake, include notes in the note section on how you are feeling after your meals and throughout the day (energy levels etc)	Identify triggering foods to gut pain
Food and Mood Journal	As above plus to track your moods, energy, anxiety and gut health

Lifestyle Recommendations:

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