



Case summary and treatment plan for

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Contents

01 Case Summary

02 Treatment goals

03 Plan

04 Prescription

01

Case summary

Your long-term gut symptoms are consistent with a functional gastrointestinal disorder. Bloating, squeezing pain, reflux “burps” are reflective of this. Addressing digestive function from the top down, starting with the stomach will be our initial key area of focus.

Your immune system appears to be compromised causing frequent infections, possibly due to the thalassaemia, and aggravated by previous illnesses such as glandular fever. Viral illness such as glandular fever are known to cause long-term immune and digestive problems in some individuals.

At this stage, your fatigue appears to be mainly related to both your gut and immune symptoms, and as such, we will address the latter directly as part our treatment plan. However thalassaemia is known to cause fatigue, so monitoring this over time will be important.

02

Treatment goals

1. Reduce gut symptoms
2. Improve tolerance to a wider variety of foods
3. Improve immunity and reduce the frequency of colds and flu's
4. Increase energy

03

Plan for treatment

Stage 1

Reduce “background level of bloating” through the use of digestion enhancing herbs. Begin immune support to improve immune resilience

Stage 3

Identify if some temporary food restrictions are necessary after initial easing of symptoms. Improve diet quality for long term symptom resolution.

Stage 5

Maintain symptom resolution. Assess and monitor for long term health risks associated with thalassaemia

Stage 2

Assess the success/failure of initial treatment to determine next treatment priority - i.e correct dysbiosis in gut bacteria/reduce gut inflammation etc.

Stage 4

Assess and address ongoing immune deficiency if necessary

Continue gastrointestinal support program.

04

Prescription - Supplements

Product	Dose	Rationale/comments
Digest Forte	1 tablet with or immediately before main meals (2-3 times per day).	Enhances digestive function Enhances stomach acid production to ensure foods are properly digested.
Imrex	2 capsules twice daily with food.	<ul style="list-style-type: none">• Potent immune support• Imrex contains Zinc - When using Imrex at 4 caps per day, you do not need to increase the dose of Cenovis Zinc Plus - continue to use 1/day. Eventually Imrex can replace the need to use Cenovis Zinc Plus altogether - check in with me before repurchasing Zinc Plus.• Imrex can replace Blackmores Echinacea - use echinacea when you have an active infection, or as soon as you feel you might be falling sick. Use Imrex all the time, even during active infections.
ProFlora X	1 capsule daily with food.	Can replace current probiotic for broader action (optional).

04

Prescription - Diet and Lifestyle

1. As soon as symptoms starts to ease - try to be mindful of which foods aggravate your symptoms the most. We will discuss this in much more detail at future appointments.

04

Prescription - Other

1. Continue with any recommendations suggested by your GP or other medical specialists.