

## TREATMENT PLAN – Jimi Clift

### PRIMARY FOCUS:

Support skin healing and reduce itch by implementing gut protocol based on Microbiome Report.

### TREATMENT PRIORITIES:

- Improve GIT Functional Markers by decreasing Zonulin (leaky gut) and increasing Short Chain Fatty Acids [Butyrate] and Secretory IgA with Metagenics Gut Care, pre/probiotics, and omegas.
- Support beneficial bacteria balance / Normal Bacterial GUT Flora with pre and probiotics.
- Reduce inflammation and oxalate intake while building up beneficial bacteria to support breakdown with dietary support, omegas and supporting beneficial bacterial growth.

### DIETARY MODIFICATIONS

Reduce foods/drinks high in Oxalates (within what is possible with Jimi's eating preferences).

- Reduce Ningxia - wolfberry is high in oxalates & antimicrobial essential oils contribute to low levels of beneficial gut bacteria.
- Try to limit Inflammatory foods like Gluten and Cows Dairy while we work on healing the gut, try to switch yogurt for goat or plant based.
- Reduce high oxalate and histamine forming foods: Switch peanut Butter for ABC butter, see how you go limiting pepper, cacao, avocado, berries.
- Keep up Bone Broth, Gelatine gummies (trial other juices he may like to sweeten and add flavour) & Primal Liver Supplements
- Look at purchasing Lucky Iron Fish and add to pot when cooking meals to increase iron levels - <https://elementalhealthandnutrition.com.au/product/lucky-iron-fish/>

### LIFESTYLE RECOMMENDATIONS:

- Avoid the use of soaps and irritants that may dry out his skin and continue with swimming in the ocean to support skin microbiome.

## NUTRITIONAL MEDICINE PRESCRIPTION – Jimi Clift:

BRAND / PRODUCT	BREAKFAST		LUNCH		DINNER		BEDTIME
	Dose		Dose		Dose		
	Before	During/ After	Before	During/ After	Before	During / After	
<b>Metagenics – Gut Care for Kids</b>  1 level scoop (5g) in 50mL water		1 x scoop					
<b>Bioceuticals – UltraClean Omega Factors for Juniors</b>  Pierce 1 capsule and squeeze into juice, milk or water		1 x capsule					
<b>Activated Probiotics – Biome Daily Kids Probiotic</b>  1 sachet (1.6 g) daily Dissolve straight in the mouth, or add to water, milk or yoghurt		1 x sachet					
<b>Ariya Purity – Lactulose 500mL</b>  * Prebiotic  Take ¼ teaspoon daily for 1 week. If well tolerated increase to ½ teaspoon daily for 1 week. If well tolerated increase to ½ teaspoon twice daily ongoing		½ x Tsp (twice daily once tolerated)					
<b>Ariya Synergy – Inulin</b>  * As per Lactulose Synergy Inulin is a prebiotic that needs increasing slowly.  ** Please start this after you are at the full dose of lactulose.  Start with ¼ scoop daily for 1 week. If well tolerated increase to ½ scoop daily for 1 week. Ongoing dose ¾ scoop daily.		¾ x scoop (once tolerated after reaching full dose of lactulose)					

\*\* These can all be taken at any time throughout the day (I just suggest after food if he has eaten).

**Referrals / Investigations:**

If wanted to Allergy Test foods in the future we could look at the IgG Allergy Panel [96 Foods] #3206  
COST: \$275 + Handling and blood test fees.

**Follow-up Consultations:**

I recommend rebooking in 4 weeks [around the end of October].

\* This will allow us to check on his progress and make changes to probiotics.

You really are doing an amazing job Nikki! Reach out anytime if you have any concerns, need to clarify anything or need some support.

xx

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