



09/06/23

TREATMENT PLAN – Jimi Clift

Congratulations on taking steps toward better health! These recommendations are made following our consultation and are individualised for you. I encourage you to commit to the dietary and lifestyle modifications and take any prescription consistently and as directed for optimal results. If you have any questions or require further clarification or support, please do not hesitate to contact:

shelley@ellohealth.com.au

PRIMARY FOCUS:

Reduce Eczema itch and severity and prevent further respiratory issues.

TREATMENT GOALS:

- Support effective immune response and healing of skin and mucous membranes with usage of Metagenics E.N.T Immune Care, 1-2x/day for the next 4 weeks.
- Investigate gut health by utilising the Nutripath Complete Microbiome Map.
- Reduce skin itch and impacts on sleep and mood by trialling naturopathic cream.

DIETARY MODIFICATIONS

You are doing a great job at catering to a picky toddler Nikki with the bone broth and all of the effort you make to sneak in veggies to your picky little eater, so I will just suggest a few things for you that we discussed.

- Stop the Ningxia for the moment to ensure that the oils internally aren't impacting his gut health.
- Trial no cow's dairy – as we talked about only cows dairy has the A1 protein which can be inflammatory in some people so, you could look at plant alternatives or goat/sheep dairy.
- You might like to write down if he has any flare ups and what he had in the days before to try and identify triggers.

LIFESTYLE RECOMMENDATIONS:

- Avoid the use of soaps and irritants that may dry out his skin.
- Try using a salt bath to relieve eczema symptoms: ensure the water isn't too hot (only around 30 degrees), add 2 cups (table salt, sea salt or epsom salt) for a full bath, 1 cup for a half bath and make sure fully dissolved (you may need to run water hot, dissolve salt and then get to the correct temp). Only bath for 10-15 mins, pat dry (do not rub hard) and apply moisturising cream straight after. * Try this for at least 10 days.

NUTRITIONAL MEDICINE PRESCRIPTION:

BRAND / PRODUCT	BREAKFAST		LUNCH		DINNER		BEDTIME
	Dose		Dose		Dose		
	Before	During/ After	Before	During/ After	Before	During / After	
Metagenics – E.N.T Immune Care * Start with 1x/day [with breakfast] for first few days and then increase to 2x/day [with Breakfast & Dinner]		½ scoop (1.8 g) in 50 mL water (or juice, however you can get it in)			½ scoop (1.8 g) in 50 mL water (or juice, however you can get it in)		
Continue with Probiotic, Gut Care & Cod Liver Oil as before.							

HERBAL CREAM:

HERB NAME	mL	How this supports you.	Dosage Instructions
Vitamin E Base	N/A	Soothing emollient for the skin	Apply as needed.
Zinc Liquid	N/A	Support healing and skin integrity	
Chickweed (Stellaria media)	N/A	Has herbal actions to reduce itch and inflammation and heal wounds.	
Calendula (Calendula officinalis)	N/A	Topically antiseptic/antifungal and supports wound healing and recovery	

Referrals / Investigations:

I have sent you the NUTRIPATH Referral for the functional test 'Complete Microbiome Mapping'; The panel is a comprehensive collection of microbial targets as well as immune and digestive markers. It screens for pathogenic bacteria, commensal bacteria, opportunistic pathogens, fungi, viruses, and parasites.

TEST INSTRUCTIONS [These are also provided on the collection Information I have attached as a separate document also]

2 weeks before the test: Cease taking antibiotics and antifungal drugs, unless instructed otherwise by your practitioner.

3 Days before the test: cease taking oral castor oil, probiotics, laxatives, aspirin, or ibuprofen. Also cease taking all gut associated supplements like pre- and probiotics, digestive enzymes, detox/liver herbs and minerals, amino acids unless instructed otherwise by your practitioner.

2 days before the test: Follow your normal diet, including the following foods if possible: meat, fish, poultry, vegetables [raw and cooked], carbohydrates [potatoes, rice, pasta, bread], fats [butter, margarine, oils]. If you do not eat some of these foods, you can still do the test. Vegetarians and vegans should eat their normal diet.

* For Jimi, this means 3 days before stop all of his supplements: Probiotic, Gut Care & E.N.T Immune Care, Cod Liver Oil & he will eat whatever he chooses to eat in the days before.

Follow-up Consultations:

I **recommend rebooking in 4 weeks** once we have the results back of the Microbiome test. I can book you in or you can book via the link again like last time.

* This will allow us to assess his response to the treatment, address any concerns or questions, check the result of his testing, and make any necessary modifications to support your health needs.

All the best,

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