

Client: Kristina Greenwood

Health Goals:

1. Support gastrointestinal environment to enhance probiotic/microbial persistence and longevity.
2. Address nutrient deficiencies.
3. Reduce brain fog and fatigue, improve cognitive function.

Dietary & Lifestyle Recommendations:

To support gastrointestinal health; promote the persistence, longevity and diversity of beneficial microbial species; and enhance nutrient absorption:

1. Ensure adequate daily fibre intake

Aim to consume 40 grams of fibre per day. Fibre (prebiotics) are a source of fuel for beneficial microbes, and we want to ensure beneficial microbes always outnumber commensal microbes, which are microbes that can be harmful when present in large numbers. When well fed, microbes acquired via probiotic supplementation can persist for up to 2 weeks.

Broccoli, carrots and oats are good sources of soluble fibre and are easily digested.

Eating a variety of plant foods/fibre supports a more diverse microbiome. Diversity of microbes is important in maintaining good gut health. I have attached my *Plant Diversity Checklist* and *All About Fibre* info which contains information on the different types and sources of fibre.

2. Slowly reintroduce insoluble fibre, fructose (and salicylates) to rebuild tolerance

Over the next 6-8 weeks you can slowly start to reintroduce previously identified foods that may trigger diarrhoea or unwanted symptoms. Try very small amounts of foods containing insoluble fibre first, and build up slowly from there.

Sweet potato, beans, avocado, canned lentils (rinsed well) and almonds are good sources of insoluble fibre that have low or no fructans, but they do contain salicylates.

Eg. start with ¼ an avocado and a week later ½ an avocado; or 1 tsp sweet potato and a week later 1 tbsp; or 1 tsp lentils and a week later 1 tbsp.

Most fruits contain salicylates so it is best to start with vegetables and once tolerated try fruit.

Fructans are the most problematic foods for you it seems, so it may be necessary to leave foods higher in fructans until last for reintroduction. Again start slow and build up, but fructans are better tolerated with some fat or protein eg. yoghurt or meat.

Fruits that are low in fructose are strawberries, blueberries, raspberries, kiwi, pawpaw (contains papain which is great for digestion!) and pineapple (contains bromelain, also very good for digestion). Cooked or stewed apples are also a nice gentle source of insoluble fibre and relatively low in fructans, and the pectin in cooked apples is very soothing to the gut.

Try ½ to 1 full prune and build up to 1-2 prunes daily a week later; or 1 tsp to half a kiwifruit and a week later ½ to 1 whole kiwifruit.

3. Plant protein

When consuming a predominantly vegetarian diet, it's important to include good sources of protein to ensure adequate amino acid intake – these foods are known as 'complete proteins':

- Easier to digest: tofu, tempeh, edamame (soybeans), hemp seeds
- More challenging to digest: chia, quinoa, buckwheat, amaranth

Supplement Prescription/s:

Following the positive results you have experienced, I have amended your dosage regime as follows:

1. **Yomogi (*Saccharomyces boulardii*)** - *A transient probiotic yeast shown to reduce diarrhoea.*
Reduce dosage to one capsule once daily for the next 2 weeks, then reduce dosage to 1 capsule per week for another 4-6 weeks before ceasing supplement.
2. **Mutaflor (*Escherichia coli* strain Nissle 1917)** - *A probiotic strain shown to inhibit pathogenic bacteria.*
Take 1 capsule once daily (before bed) for the next 2 weeks, then reduce dosage to 1 capsule per week for another 4-6 weeks before ceasing supplement.

Additional Recommendations:

I recommend adding a broad-spectrum probiotic product to your regime in the next few weeks, to enhance microbial diversity and aid with the successful reintroduction of soluble fibres, fructans and salicylates to your diet:

1. LifeSpace Broad Spectrum Probiotic

Take 1/2 capsule before bed for the first week - break open the capsule and mix into some yoghurt or water to start with, and build up to 1 capsule daily the following week.

Take daily for 4-6 weeks and then taper off to 1 capsule per week, for a duration of 3 months.

This product is available at all good pharmacies.

Provided your fibre intake is adequate and varied, there should not be a need to take probiotics on an ongoing basis.

A deficiency of B vitamins is likely given your presentation. Ideally these nutrients should be obtained via the diet. Foods high in B vitamins include leafy greens, nuts, seeds, eggs, lentils, wholegrain cereals/breads, and Vegemite!

However, if dietary intake is inadequate, a B vitamin product may help to speed up nutrient repletion and reduce brain fog and fatigue. I can recommend the following carefully considered methylated product (to account for your MTHFR polymorphism):

2. MTHFR Support Total Methyl B

Take 1 capsule daily with breakfast.

To be taken no longer than 6-8 weeks duration.

This product is practitioner only, and available from Vital.ly. I have added this to a script for you to order at your leisure.

Please note that migraines can occur in some people with MTHFR when taking methyl B vitamins, this is usually due to a methyl blockage. If this does occur, please contact me asap.

Important: *If symptoms worsen at any stage, please contact me immediately via SMS, email or phone.*