

TREATMENT PLAN 15/9/2025

Client: Kristina Greenwood

Presenting Complaint/s: Chronic diarrhoea, bloating, flatulence, reflux, gastrointestinal pain, fatigue/brain fog

Health Goals:

1. Normalise stool consistency and gastrointestinal motility, reduce bloating, flatulence, pain and reflux.
2. Reduce brain fog and fatigue, improve cognitive function.

Dietary & Lifestyle Recommendations:

1. **Stool & Symptom Diary** - *To track symptom severity and efficacy of treatment.*

Using the diary provided, please record your bowel movements and related symptoms. Start recording the details from the day you commence taking your prescribed products for 7 days (Note: if you are able to continue to track the details until your next appointment that would be fantastic).

Once complete, please share a copy of this data with me via gutmechanic@outlook.com (either a file or photo is fine) prior to your next appointment.

2. **Continue to avoid FODMAPS and salicylates until stool consistency has stabilised** – *To reduce likelihood of food-induced diarrhoea.*

Please continue to avoid the foods previously identified that may trigger diarrhoea (FODMAPS and salicylates) until we have normalized your bowel movements, and we can then look at reintroducing a wider range of foods in a slow and staged manner.

3. **Adjust fluid intake** - *To enhance hydration and reduce impacts of caffeine on gastrointestinal transit time.*

Try to limit your intake of black tea to 2 cups per day. Caffeine is a stimulant and can have a laxative effect. Tea is also a diuretic which increases urine output, however in the absence of adequate hydration this can be problematic. It would be ideal to add some herbal teas into your daily routine, lemon balm, peppermint or lemon & ginger (caution – peppermint and ginger tea can sometimes worsen reflux/belching in some people).

It would also be ideal to increase your intake of water, aiming for 1-1.5 litres of water per day. To make water more interesting, you may wish to try sparkling mineral water (not soda water, choose an unflavoured variety). There are also a range of apps that can help you to remember to drink more water (Plant Nanny, Water Minder).

Supplement Prescription/s:

1. **Yomogi** – *A transient probiotic yeast shown to reduce diarrhoea.*

Dosage: Take 1 capsule twice daily (morning and evening) for 7-10 days, then reduce dosage to one capsule once daily.

2. **Mutaflor**. *A probiotic strain shown to inhibit pathogenic bacteria.*

Dosage: Take 1 capsule once daily (before bed).

Important: *If symptoms worsen, please contact me immediately.*

Both products have been prescribed to reduce diarrhea and gastrointestinal symptoms, and support microbiome health.

Products to be ordered direct from Vital.ly for dispatch directly to your home.