

## NUTRITION GOALS

- Start to water down current bottles to help eventually wean her off them
- The next types of milks to look at are Goats and lactose-free. Start with goats milk but watered down and see how she goes. Let me know if there is any reactions.
- Look at making up your own bone broth to have and to use as an added extra top up for gut healing.

## LIFESTYLE GOALS

-

## MOVEMENT GOALS

## OTHER NOTES

-

## SUPPLEMENT PRESCRIPTION

1. BIOME Kids: 1 sachet daily
2. MetaZn and C: half of a 1/8 tsp =, in water after food.

For your own safety and to maintain prescription efficacy we do not recommend self-prescribing or sourcing alternative supplements as ingredients may differ.

## PRACTITIONER CONTACT DETAILS

Casey Jones,  
AdvDip NutMed | BComp Med  
57135585  
@carternutrition  
www.carter-nutrition.com  
carter.nutrition@outlook.com



SCAN ME

The success of my business is based on word of mouth. If I've helped you or your family, I would greatly appreciate a review. You can leave a review by scanning the QR code.

## FOLLOW UP APPOINTMENT

September appt

### Additional Information relevant to optimising your treatment outcomes at Carter Nutrition:

If you need to contact me, email [carter.nutrition@outlook.com](mailto:carter.nutrition@outlook.com)

For urgent concerns or matters regarding to your treatment and progress, please make a consult time to discuss.

- In the interests of best treatment outcomes for you, emails are reserved for brief questions from your consult, or to address prearranged follow ups

- Please note changes to your prescription and consideration of new information relevant to your circumstances will require an appointment, and generally are not able to be reviewed via email