



Case summary and treatment plan for

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Case summary

Your long history of progressively-worsening digestive upset, is likely a result of numerous factors, including stress, gut inflammation, bacterial imbalance and irregular gut function, which collectively creates an environment in the gut which contributes to food intolerances, bloating, pain, gas etc; and may facilitate an environment which allows parasites to seed and take hold. During stage 2 of treatment (outlined on page 5) - we will assess whether antibiotic treatment is essential, and also discuss some natural alternatives to aid with reducing or eliminating **Dientamoeba fragilis**, which may mean that antibiotic treatment is not needed.

Similarly your long history of pre-menstrual symptoms (and recent diagnosis of premenstrual dysphoric disorder) are likely a result of changes to the way your body responds to hormones and the way these hormones interact with the neurotransmitters in the brain, leading to the characteristic mood changes in the last 2 weeks of your cycle.

Fatigue commonly co-occurs with digestive and hormonal changes, and we will monitor this aspect of your health and its changes over time, as we work on your gut and menstrual related symptoms. Further investigation as to why fatigue may be occurring may be needed if it does not improve alongside the improvements expected with your other symptoms.

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Treatment goals

1. Reduce troublesome gut symptoms - particularly pain and bloating
2. Improve tolerability to foods, particularly staples in the lebanese diet, such as onion, garlic and legumes.
3. Prepare gut for antibiotic treatment (if needed)
4. Stabilise moods and reduce pain during the pre-menstrual period
5. Support your body's ability to manage stress (mitigate the negative health consequences of stress) during this stressful season.

Stage 1

Reduce gut symptoms

Prepare gut for antibiotic treatment

Begin hormonal modulation

Stage 3

Assess treatment response for PMDD after 3 cycles

Begin more targeted stress and mood support if needed.

Stage 5

Consider other long-term preventive and healthy aging measures. I.e. reducing osteoporosis risk.

Stage 2

Assess initial treatment response to determine whether antibiotic treatment is urgent or needed.

Stage 4

Consider more targeted **temporary** dietary restrictions as we improve the gut environment

Develop healthy eating and exercise habits as time and energy allows, for long term good health.

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Prescription - Diet and Lifestyle

1. No significant changes at this point in time.
2. Continue to consume wholefoods (salads, stews, chicken, lean meat) as much as is practical, and avoid foods that are known triggers (as much as is practical)
3. Continue to sleep as much as needed for the time being

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Prescription - Supplements

Product	Dose	Rationale
GIT Immunobiotic	1/2 teaspoon twice daily with water	Gut anti-inflammatory, improves stool form.
DiGest Forte	1 tablet immediately before main meals	Improves digestive function to reduce bloating gas and food intolerances.
AlkaMin Calm	1 flat scoop twice daily. Can be mixed together with GIT immunobiotic	Contains minerals and vitamins to modulate menstrual cycle, neurotransmitters and provide energy
BioFem (begin from the first day of next cycle - day 1 of bleed)	1 capsule twice daily with food	Improves hormonal balances, mood and offers support for the stress response.

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Prescription - Example daily routine

Product	Breakfast	Lunch	Dinner
GIT Immunobiotic	½ teaspoon in water		½ teaspoon in water
AlkaMin Calm	1 level scoop		1 level scoop
BioFem (begin from the first day of next cycle - day 1 of bleed)	1 capsule		1 capsule
DiGest Forte	1 tablet up to 10 minutes before eating	1 tablet up to 10 minutes before eating	1 tablet up to 10 minutes before eating

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Prescription - Other

1. Continue with vitamin D supplementation for the time being
2. Book a “dispensary service” consultation for 2 weeks after commencing supplements.
3. Reach out to me on samuel@wholehealth.online if you have any concerns before our next appointment.