



Case summary and treatment plan for

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Case summary

Improvements have been noted in the severity and frequency of uncomfortable gut symptoms, including pain and bloating, although symptoms still remain. Stool form has significantly improved since the antibiotic treatment.

White tongue, bad breath and acne are likely lingering side effects of the antibiotic treatment. It is expected that these symptoms should resolve especially with diligent use of Digest Forte and ProFlora X. If symptoms do not resolve over the next few weeks, book in a “dispensary service” appointment to discuss.

Some improvements in PMDD related symptoms are noted, especially pain. We will assess the success of the current treatments (AlkaMin Calm and BioFem) after 2 months.

02

Treatment goals

1. Continue to reduce troublesome gut symptoms - particularly pain and bloating
2. Maintain improvements in stool form and energy.
3. Eliminate residual side effects from AB treatment (white tongue, bad breath, acne)
4. Continue to improve tolerability to foods, particularly staples in the lebanese diet, such as onion, garlic and legumes.
5. Stabilise moods and continue to reduce pain during the pre-menstrual period.

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

Support recovery from antibiotics treatment and resolve side effects.

Continue to improve troublesome gut symptoms.

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. 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)
2. Use lactase tablets before any consumption of milk, yoghurts and soft cheese. Monitor symptoms after consumption of all dairy products.

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Prescription - Supplements

Product	Dose	Rationale
GIT Immunobiotic	1 teaspoon 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	2 capsules daily with food	Improves hormonal balances, mood and offers support for the stress response.
Proflora X	1 capsule daily	Post-antibiotic support. Finish 1 box. Optional replenishment.

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Prescription - Example daily routine

Product	Breakfast	Lunch	Dinner
GIT Immunobiotic			1 teaspoon in water
AlkaMin Calm	1 level scoop in water bottle - drink when convenient		1 level scoop
BioFem			2 capsules
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
ProFlora X			1 capsule

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Prescription - Other

1. Continue with vitamin D supplementation for the time being
2. Book a follow up appointment in 2 months time to assess progress and make changes to the prescription if needed.
3. Reach out to me on samuel@wholehealth.online if you have any concerns before our next appointment.