



# Report of Findings and Nutrition & Lifestyle Plan

**Michelle Taylor**

D.O.B. 22/08/1982      39 years

**Date of Consultation:** Thursday, 11 November 2021

**Date of Report:** Tuesday, 28 December 2021

**Reason for Visit:** Bloating, Gut Issues, Identifying food triggers

**Julie Landon**

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## Report of Findings

At the initial consultation, your intake form was reviewed. Your current health concerns, your past health history and family health history were discussed, as were your current food choices, lifestyle choices and exposure to toxins. Any medications/supplements currently taken were noted. You were asked complete a 7-day food/symptom diary, however, this has not been completed and so is not included in this report.

### Current Health Findings

- ❖ Bloating, abdominal discomfort - possibly triggered by food. Since time of MS diagnosis
- ❖ Constipation - takes Movicol. Bowel movement every 4-5 days. For 4 years. Nothing identified by stool analysis through GP (18 months ago)
- ❖ Multiple Sclerosis (MS) diagnosis 2018 - managed by medications
- ❖ Pins & needles in fingers at night
- ❖ Regular menstrual cycle - sore breasts before period. Stopped pill 12 months ago. Light bleeding.
- ❖ Energy 6-7/10

### Current Medication/Supplements

- ❖ Gilenya - for MS
- ❖ Solicare - for bladder control/MS
- ❖ NutriVital Omega 3, Eagle Tresos B, NutriVital D3, Lecithin, Metagenics Ultra Probioplex, Metagenics Inflavanoid Intensive - all prescribed by naturopath 3 years ago
- ❖ Melatonin - for sleep (from GP)
- ❖ Valium - sometimes for sleep

### Current Food/Drink Choices

- ❖ Loosely follows low FODMAP diet over last 18 months - may help but unsure
- ❖ Avoids some fruits, bread, onion/garlic, full fat dairy
- ❖ Breakfast: Gluten-Free toast & eggs, Coffee with almond milk & sugar
- ❖ Late lunch of Leftovers
- ❖ Use Hello Fresh meals for dinners
- ❖ 3-4 glasses wine/champagne, 2-3 x/week

### Current Exercise

- ❖ Active - F45 3-4 times/week plus swim 2x/week and cycle 1x/week

### Current Work/Life Balance

- ❖ Business owner
- ❖ 5-6 hours/day, 4-5 days/week
- ❖ Stress 5/10
- ❖ Two children (aged 10 & 11 years)
- ❖ Supportive friends

### Current Sleep

- ❖ 7-8 hours sleep/night

### Possible Toxin Exposure

- ❖ None identified

### Family Health History

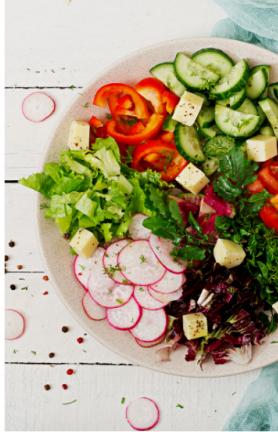
- ❖ Charlotte Marie Tooth Disease

### Review of Testing (collected)

- ❖ **Compatibility Testing** - refer to separate report for full list of 'red' foods to be avoided for the next 6 months.
- ❖ **Complete MicroBiome Mapping** - key points
  - High Zonulin - often linked with autoimmune disease. May indicate gluten sensitivity and an opening of the tight junctions in the gut walls
  - High Opportunistic bacteria e.g. Streptococcus species and Citropbacter freundii - normal to have some but seems have overgrowth at moment. May be result of constipation, possible SIBO etc. Citrobacter freundii - may be linked to autoimmune issues too. Need to balance out.
  - Low 'normal' bacteria e.g. Bactericides, Lactobacillus species - possibly due to lack of pre and probiotics in diet, poor mucosal integrity, overgrowth of opportunistic bacteria

### Basic Body Measurements

- ❖ Not reported



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"A Goal  
without  
a Plan is  
just a  
Wish"



## Your Nutrition & Lifestyle Plan

Here are my recommendations based on the report of findings

Goal	Recommendations
1 To remove foods aggravating gut issues	<ul style="list-style-type: none"><li>❖ <b>Eat only 'black' foods from Compatibility List for 6 months</b></li><li>❖ <b>Avoid all 'red' foods from Compatibility List for 6 months</b></li><li>❖ <b>Avoid all gluten-containing products (even if 'black' in Compatibility Test)</b></li></ul>
2 To rebalance gut bacteria	<ul style="list-style-type: none"><li>❖ <b>Slowly reintroduce prebiotic foods e.g. asparagus, onion, leeks, garlic, kale, broccoli, cabbage, roots, wholegrain, apples, raw cacao, flaxseed, coconut/coconut flour, sweet potatoes, berries, hemp seeds,</b></li><li>❖ <b>Eat probiotic foods e.g. kombucha, kimchi, sauerkraut, kefir</b></li></ul>
3 To repair gut lining	<ul style="list-style-type: none"><li>❖ <b>Drink 1 cup of bone broth or use in cooking daily e.g soups, slow-cooked foods</b></li></ul>
4 To optimise gut health generally	<ul style="list-style-type: none"><li>❖ <b>Eat slowly; chew every mouthful well (30x)</b></li></ul>

## Supplement Recommendations

Supplements are often prescribed to support the food/nutrition recommendations. This is my current recommendation based upon the information I currently have; it may be necessary to add something else in later.

❖ <b>Orthoplex GlT Immunobiotic for 6 weeks then</b>	❖ 1.5 tsp/day mixed in water, or food	\$48.85
❖ <b>Biomedica Enterocare for 6 weeks</b>	❖ 1 tsp/day mixed in water, or food	\$44.62

## Further Recommendations

In addition to the above nutrition and lifestyle recommendations, I strongly recommend the following

<b>Consider reviewing and replacing existing supplements</b>	<ul style="list-style-type: none"><li>❖ Some of the products you are currently using, contain excipients that are 'red' on your Compatibility List: NutriVital D3 contains rice bran oil, Tresos B contains soy. Should be reviewed at a later appointment.</li></ul>
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<b>Consider improving stress management</b>	<ul style="list-style-type: none"><li>❖ Approach meals calmly and stress-free</li><li>❖ To be discussed further at a later appointment</li></ul>
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**Consider testing for SIBO if the above recommendations are not helping after 4-6 weeks.**

## Recommended Package

With all the information set out in the nutrition and lifestyle plan it can be quite overwhelming to know where to start. I, therefore, encourage you to work with me over the next 3-6 months to allow me to support you in this, making it more manageable and keeping you on track. The best way for you to do this is to take out a package e.g:

<b>Get Me Started Pack</b>	3 follow ups: \$240 (full price: \$255)
<b>Support Me More Pack</b>	5 follow ups: \$400 (full price: \$425)