

Prescription Form

Name Noeline Charlton

Date 24/07/2023

Your next appointment is Monday 28 August at 12 noon

Prescribed Supplement and Purpose	Breakfast	Lunch	Dinner	Before Bed
GFD – Supports energy & digestive function/detoxification	1		1	
BCP.S – Supports gut barrier function	1 scoop			
MunoGen – Supports gut barrier, butyrate production & gut microflora. Start with 1/10 th of a scoop for first 2-3 days to tolerance test, increase to ¼ scoop for next week, ½ scoop for 1 to 2 weeks, increasing to 1 scoop if well tolerated	1 scoop			
PHGG – Supports increasing microbiome diversity (start with a low dose for next 4 weeks)	2 grams			

ACTION STEPS

Diet

To increase IPA (antioxidants)

Consume foods containing ellagic acid, ie

- a glass of pomegranate juice daily or pomegranate fruit (in MunoGen supplement)
- a bowl of strawberries, raspberries, cranberries, blackberries with yoghurt
- 1 slice of Rye bread

To increase Butyrate (suppresses inflammation, controls appetite & increases serotonin)

Consuming daily foods containing Galtooligosaccharides (GOS), ie

- Quick oats, bran-based cereal for breakfast or rye/spelt bread, pumpernickel bread,
- Canned chickpeas, lentils or a small serve of green peas for lunch/dinner
- A handful of cashews as a snack

Consuming daily foods containing fructooligosaccharides (FOS), ie

- Beetroots pickled in vinegar, blueberries, cashews, pistachios, garlic, leek, onion, shallots, spring onion, rye, 1 slice of wholemeal bread, 2-3 brussels sprouts

Consuming daily foods containing Pectin, ie

- Slightly green banana (or banana flour), blackberries(3-4), blueberries, kiwifruit, strawberries (5 medium size), raspberries (1/3rd cup), 1 orange, ½ cup of lemon juice
- Vegetables include red or white cabbage (3/4 cup), raw carrots , green beans (15), green peas (15g raw or 45gm canned & drained), potatoes, sweet potatoes, butternut pumpkin, tomatoes

To increase microbial diversity

Aim to eat different fruit and vegetable each day

Consuming fermented foods, ie sauerkraut, yoghurt, miso, aged/raw cheeses, apple cidar vinegar, sourdough bread, cottage cheese

Aiming for 25 grams of fibre rich foods daily – See BioMedica Fibre Guide

Exercise can help increase microbial diversity

To lower Trimethylamine

Consume vegetables from the cruciferous family daily, ie cabbage, broccoli, brussel sprouts,

Consuming foods containing Omega 3's, ie salmon, ground flaxseed, flaxseed oil

Minimising intake of red meat to a maximum of 2 times a week

To lower Beta-glucuronidase

Consuming foods containing glucomannan, ie Konjac noodles

Dietary fibre and foods/supplements containing GOS

Foods containing inulin, ie Bananas, bran, garlic (oil), onions, leeks, shallots

Can help modulate beta-glucuronidase levels, improving detoxification of metabolic waste.

Other

Having morning coffee with breakfast to help stabilise blood sugar regulation in the morning

Lifestyle/Exercise

Moderate intensity exercise for 30 minutes 3 times a week

Incorporating smoking free days or cutting back to half for next 4 weeks

Note

If you have any concerns about your prescription please contact me on 0403 164 669 or email at info@purelywellness.com.au and I shall respond as soon as I can.