

4-5.15pm

Thurs 3:30pm
Feb.
4pm..

9/12 Ollie Initial Consult.
20yrs. - FT welder.

(K) exhausted.
loves outdoors.
Priorities.

- always been sporty. Falcons.
was getting tired. kept training.
then lot nausea + fatigue.
next Xmas backsting. Mon GF.
now working a lot.

- 1/ Chronic fatigue - started Ross River.. EBV (2018) (2017) very sick all 2019
- 2/ ↓ energy - walk, exercise
- 3/ nausea
- 4/ anxiety

fatigue - first hr morning.
- 2pm tired, even break + sugar
food + ok.

nausea - developed anxiety after GF.

Stress - mostly morning.
high to walk. feels can't eat enough then
everyday nausea.

Med # supps?

anti vomiting med.
previous acne med. - after Ross River.

CUT bloating.
BM - 1 day (formed)
- choc - wind.
no reflux off in start 2021

now nausea med.
Valium - anxiety
once with
once with fish oil.

stopped gluten - caused bloater, fatigue
bananas - pain stomach
felt better.
no oats.

Berocca 4-5 days wk.
Probiotic in past
Adrenaplex past.

Joint pain? Pain only when running.

SIBO?

after a big wk sore
joints

Gluten - pathology.

LECCS anti-inflamm diet

metagen minor bupleurum - joint pain
Astra 8 oriental bot. ↑ energy.

- salmon dried meat / once wk.
EVOO. processed foods / sugar.
nuts. white foods.

Zn + C
Mag Tur
S Bifido

adding nuts.
salmon - once wk; white fish.
changing timing arvo -
breath better - protein.

Ginger tea
recipe

Metagenics sper mushroom

no coffee.
1 tea.
no alcohol.

Breakfast - needs easy.
- Frittata (recipe).
- Yoghurt → berries.

lunches -
(11.-12)

likes nuts - snacks - change @ 2.30pm.
~ 3pm.
Smoothie = coconut water.
A 2 milk
soy milk.
alt milk
protein powder.
snack - choc.
dinner → 7pm.
sweats -

choc @ end day.
GF corn flakes.
loves fruit.

Protein

Red meat x 3-4
chicken x 2 ^{clunch}

~~beef~~ Turkey x none

Fish - once with

tofu - not rly.

legumes - soup.

Eggs - ✓

Dairy - milk ^{full} cream.

- loves yog.

loves fish. ^{greek}

↳ anything.
not canned.

not sardines.

→ maybe salmon
? burger.

end
day.

- would do food prep on weekends - meat & lunch.
leftovers (mum + dad) - dad cooks nights.

can reheat. ok w frozen veg etc.

? oats.

doesn't like sweet potato.