

Client: Paul Matthews

Presenting Complaint/s: Brain fog/cognitive difficulties, fatigue, constipation/motility issues, post-prandial bloating, social anxiety, sore and stiff joints

Health Goals:

1. Normalise stool consistency and gastrointestinal motility, reduce bloating.
2. Reduce brain fog and fatigue, improve cognitive function.
3. Improve joint motility and reduce joint pain.

Supplement Prescription/s, as previously prescribed:

1. **BioMedica EnteroCare** - *Take 1 tsp (5g)* once per day, mixed into liquid (not hot), with food. Can also be mixed into yoghurt. Best taken after dinner, eg. with dessert.*

***Please introduce this product slowly to avoid potential worsening of symptoms:**

Week 1 – ½ teaspoon every second day

Week 2 – ½ teaspoon daily

Week 3 onwards – 1 teaspoon daily

Contains a blend of prebiotic fibres, along with probiotics, to help regulate bowel movements and provides a food source for beneficial bacteria growth, to support gut health.

2. **Inner Health IBS Control** - *Take 1 capsule before bed.*

Contains specific strains of beneficial probiotics which have been shown to enhance stool consistency, regulate bowel movements and support gut health.

3. **Orthoplex White Gut MX** - *Take 1 capsule once daily with food.*

Contains *Saccharomyces boulardii*, a probiotic yeast, which can help to regulate bowel movements and reduce dysbiosis, and Zinc carnosine which helps repair the gut lining and improve gastrointestinal health.

Optional Products:

- **Nordic Naturals Arctic Cod Liver Oil** - *Take 1 teaspoon daily, with food.*

To reduce inflammation, support cognitive function and promote joint mobility.

Existing Supplement Regime:

In relation to the products you are currently taking (as prescribed by your previous practitioner), I recommend the following:

- **Cease existing Magnesium oxide supplementation** - *The diet and lifestyle recommendations I have provided, along with the prescription above, are sufficient to address constipation, and therefore you no longer need to rely on Magnesium oxide to induce a bowel movement.*
- **Cease existing Zinc picolinate supplementation** – *Gut MX contains Zinc carnosine, so to avoid exceeding RDI it's important to cease additional zinc supplementation.*