

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.

Dietary & Lifestyle Recommendations, as previously outlined:

1. **Increase fibre intake.** *To soften stools, reduce constipation, enhance gut motility and promote the growth of beneficial gut bacteria species, therefore increasing butyrate production which supports gut barrier integrity.*

I recommended consuming either **kiwi fruit (2 per day) or prunes (3-6 per day) daily**, both of which are proven to reduce constipation (Hiltona Organic Prunes or Verity are my suggestions).

The recommended daily intake of fibre is ~40g/day. I have previously provided my *Plant Diversity Checklist* and recommend trying to include more vegetables, nuts, seeds and legumes (soaked prior to consumption) into your diet each week. It's best to incorporate different sources of fibre slowly to allow the gut to adjust, so start with ¼ cup of a new plant food at a time to avoid worsening of constipation. Increasing hydration is also important when increasing fibre intake.

2. **Increase daily water intake.** *To soften stools, reduce constipation, lubricate joints and aid in elimination of waste.*

Aim for 1.8-2 litres of water per day.

To make water more interesting, you can add lemon or lime juice, or cordial. Belvoir Farm are available at supermarkets: <https://belvoirfarm.co.uk/category/cordials/> Roar are free of colours and preservatives: <https://www.roarliving.com.au/> or try Soda Press Co Syrups: <https://sodastream.com.au/collections/soda-press-co>

Alternatively try sparkling mineral water (not soda water, choose an unflavoured variety) such as San Pellegrino, Voss, Acqua Panna or Capi (sourced locally here in Vic!).

There are also a range of apps that can help you to remember to drink more water (Plant Nanny, Water Minder).

3. **Increase daily movement.** *To increase blood flow and aid gut motility, promote beneficial bacteria species and increase joint motility.*

Try to include more incidental activity such as using the stairs instead of escalators, parking further away from shops etc.

Perhaps every time there is an ad break on tv, you can walk around the yard, while waiting for the kettle to boil do 12 squats or march in place. When seated for long periods, try to get up and move about every 30-40 mins to stretch and get blood flowing. **Go for a walk after dinner and enjoy some fresh air now the warmer weather has arrived.**

Moving your body = moving your bowels. Think of movement as unclogging a pipe, or stirring a pot to stop the contents from stagnating.

4. **Try to track bowel movements/symptoms/diet using a diary.** *To help to pinpoint any triggers for physical symptoms.*

The paper diary might be easiest to complete, pop it on the kitchen bench and fill it in at dinner time.