

14 July 2025

Client: Paul Matthews
DOB: 8/5/77

Hi Paul,

Thank you for your time on Saturday, it was great to meet you.

As discussed, it would be ideal if you could capture the following details, ideally for a period of 7 days, to assist with development of your treatment plan:

- Food diary
- Stool diary

If you prefer to use an app to record your data, *Cronometer* (cronometer.com) is the app I find most useful and I have attached some instructions on how to set this up.

If you prefer to use a paper-based diary, I have attached both a stool diary and a food diary. Simply print the document and fill in the details each day, and on completion you can share a copy with me by scanning or taking a photo of the completed form and emailing this to me at gutmechanic@outlook.com before your next appointment.

Don't worry if you miss a day, or forget to include a food item, the purpose of this activity is to identify any patterns or symptom triggers.

Interim Recommendations

1. *To assist with sleep quality, consider reducing exposure to blue light screens such as smart devices, television and computers at least an hour before bed.*

F.lux (<https://justgetflux.com/>) is an app that adjusts screen brightness automatically, to reduce blue light exposure, and may be helpful.

2. *I have attached a copy of my current 'Dirty Dozen/Clean 16' fresh produce guide, which may help to allay any concerns you may have in regards to possibly broadening the list of vegetables you currently consume.*

Supplements

To assist me to understand your current supplement regime, could you please provide a photo of all the products you are currently taking so that I can identify the brands and nutrient forms. This will allow me to ensure that there is no crossover or interaction with any products that I may prescribe to you in the future.

If you have any questions or concerns, please don't hesitate to reach out via gutmechanic@outlook.com

I look forward to meeting with you again soon.

Yours in health,

Rebecca

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