

Client: Paul Matthews

Presenting Complaint/s: Brain fog/cognitive difficulties, fatigue, constipation/motility issues, 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, newly prescribed:

1. Mutaflor – Take as per the following:

- First 2 days: 2 capsules 3 times daily (total = 6 per day)
- Day 3 onwards: 4 capsules daily (2 with lunch, and 2 before bed)

This product contains a specific probiotic strain for treatment of chronic constipation and has been shown to increase bowel movements.

Important: Please check in with me within 12 hours of commencing the Mutaflor prescription, as we will need to monitor your progress closely. The dosage may need adjusting, depending on your results. If after 5 days of taking this product there is no improvement in stool quality/reduction in constipation, I will arrange stool testing for you.

Existing Supplement Regime:

In relation to the products you are currently taking:

- **Continue** to take Orthoplex White Gut MX – This product is still beneficial and will complement the Mutaflor prescription.
- **Cease** existing BioMedica EnteroCare supplementation – This fibre supplement has not proven successful at this time, so we will cease using it for now however we may return to using this in the near future.
- **Cease** existing Inner Health IBS Control supplementation – This probiotic will soon be replaced with another, provided results over the next 2 weeks are positive.

Further recommendations:

- **Take 1 tbsp apple cider vinegar 20 mins prior to meals** – This will increase stomach acid and aid digestion.
- **Add fresh garlic to meals** – Garlic contains compounds that have natural antifungal and antibacterial properties.