

**Date: 15 March 2025**

**Client: Janelle**

**Follow Up Appt: 26/04/2025 @ 11:30am for nutrition review.**

Please email any previous test results to [info@perthnaturalhealthnutrition.com.au](mailto:info@perthnaturalhealthnutrition.com.au)

Also if you have any photos of allergic reactions/ flare up please email them through.

**GI Map:** Do your stool sample on a Sunday and keep refrigerated until posted. Post your sample on Monday in the morning before 12pm. Take into the post office and hand to counter manager. Or you can do the sample on Monday and post the same day.

### Supplement Prescription:

Gut Repair Protocol Stage 1 – Take the following supplements for the next month.

Supplement	Directions for Use			Reason
	Breakfast	Lunch	Dinner	
Thyrestore	Take two capsules daily at any time. Does not need to be with food.			Thyroid support, energy support, healthy stress response
Bioceuticals liposomal methyl B12 spray	1 spray under the tongue once a day in the morning			Low blood levels, poor energy, assist with sleep and nervous system health.
PHGG	One Scoop 1x Daily into a large glass of water. Ensure to drink adequate water during the day.			Constipation support.



### Taking thyroid medication at night:

- Take half your dose in the morning then the other half at night.
- On the next day, take your full dose before you go to bed
- Ensure to take it 2 hours after your last meal or directly before bed.

## Nutrition Prescription:

### Look into the Nutmixr for making your almond milks

- <https://nutmixr.com/products/nutmixr%E2%84%A2-premium-nut-milk-blender>
- Set alarms on your phone every 4 hours to have your meals.
- Make up some smoothie bags for the freezer to be prepared.
- Use psyllium husks to help with constipation

### Protein powder links

- Hemp foods Australia: [https://hempfoods.com.au/products/organic-hemp-gold-protein-1-5kg?variant=45892325376217&country=AU&currency=AUD&gad\\_source=1](https://hempfoods.com.au/products/organic-hemp-gold-protein-1-5kg?variant=45892325376217&country=AU&currency=AUD&gad_source=1)
- Trueprotein: <https://www.trueprotein.com.au/products/plant-protein>
- Bulknutrients: <https://www.bulknutrients.com.au/categories/proteins/vegetarian-vegan-proteins>
  - o Earth protein, lean earth protein and pea protein are good

Recommendation	Reason
Trial gluten-free.	Reduces thyroid antibodies in Hashimoto's, reduces inflammation in the body, Gluten intolerance is common in Hashimoto's.
Eat small regular meals with a source of protein, carbohydrates and fat in each meal. <ul style="list-style-type: none"><li>- Meal timing every 4 hours equates to 3 main meals with 1 – 2 small snacks.</li></ul>	Balances blood sugar levels, helps with energy during the day, provides the body with essential nutrients.
Laxative fruit smoothie <ul style="list-style-type: none"><li>- 1 tablespoon frozen pineapple</li><li>- 3 dates or prunes</li><li>- 1 handful baby spinach</li><li>- 1 yellow or green kiwi fruit</li><li>- 1 tablespoon psyllium husk</li></ul> Blend all ingredients into 300mls of water and drink daily.	Assist with constipation and complete emptying of the bowel.