

**Date: 24 March 2025**

**Client: Amardeep Gill**

**Follow Up Appt: 14/04/2025 @ 4pm for nutrition and weight loss review**

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

**GI Map:** Do your stool sample on a Sunday and keep refrigerated until posted. Post your sample on Monday in the morning before 1pm. Take into the post office and hand to counter manager.

**Supplement Prescription:**

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

Supplement	Directions for Use			Reason
	Breakfast	Lunch	Dinner	
Thy-Ad Health	1 capsule	1 capsule	1 capsule	Thyroid hormone support, energy production,
Floramyces	2 capsules or 3 capsules if diarrhoea is persistent			Assist with reducing the occurrence of diarrhoea, probiotic strain to help maintain good bacteria

**Nutrition Prescription:**

Recommendation	Reason
Refer to nutrition basics	
Fish intake	Essential fatty acids help to decrease inflammation and can be helpful when losing weight
Meal timing <ul style="list-style-type: none"><li>- Aim to eat every 4 hours and never go past 5 hours without food if you can help it.</li></ul>	Help to regulate blood sugar levels.
Sunrice low GI rice	Help to reduce blood glucose spikes at meals
Recipe guides <ul style="list-style-type: none"><li>- Snacks aim for 2 block snacks</li><li>- Breakfast, Lunch and Dinner 2 – 3 block meals</li><li>- Bedtime snack 30min – 1hour before going to bed</li></ul>	

**Other:**



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