



Date: 26 May 2025

Client: Vanessa De Zotti

Follow Up Appt: Click or tap to enter a date. @ [time] for

Please email any previous test results to 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.

Supplement Prescription:

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

Supplement	Directions for Use			Reason
	Breakfast	Lunch	Dinner	
B12 spray	1 spray under the tongue in the morning.			Low B12 levels, poor energy, iron deficiency.
Vitamin D drops	1 ml daily.			Low vitamin D levels, immune function, reduce inflammation
Meta zinc & vit C (powder)			Have dose at dinner with iron-rich meals	
Herbs of gold probiotics and SB Do not start until you have done your GI Map.	1 capsule with food once daily			Just be cautious as it may worsen constipation due to the SB flora. Take before & after your iron infusion. Take if having antibiotics.

Do your iron infusion AFTER completing the GI Map.

Repeat bloods in 6 months (December 2025): Vit D, B12 serum and active, iron studies, full blood count with ESR, CRP

Salivary cortisol – impact is stress, salt cravings,

Nutrition Prescription:

- Increased iron-rich foods, particularly red meat 2x weekly
 - you can use beef mince, lamb, pork minces
- Pairing iron-rich foods with vitamin C sources
- Adding green or golden kiwi fruit to breakfast or as snack with small handful of nuts.
- Trialling A2 milk
- Reducing portion size of Coyo Bella yoghurt to 50g/50ml
- Increasing water intake from 1 cup to 1L or 8 cups per day, You may flavour with some sugar free cordial or fresh fruit (berries, cucumber, mint, lemon).
- Using Insight Timer app for improving REM sleep. Search for REM sleep music and use the sleep music only not guided meditations.
- Proper cleaning of water bottles – boiling water in the sink add detergent and soak and clean with a bottle cleaning brush.

Recipes:

www.perthnutritionnaturalhealth/recipes

PSWD: balance (all lower case)

Breakfast, lunch & dinner – 1 portion of a recipe is equal to 2 blocks. Example, have one 2 block meal.

Snacks – have 1 block: eat one portion size.

Example:

2 blocks: Divide into 6 portions and eat one portion.