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Name: Tracey Cuff

GI MAP Instructions:

- Do your sample on a Sunday and place in the fridge to post out on Monday before 12pm. Take the sample into the post office and hand it to the counter person. You will need to sign the declaration at the bottom of the prepaid postage bag. Results will take roughly 4 – 5 weeks from the day posted.

Please send me your recent thyroid test results.

Gut Health Maintenance:

Supplement	Dose			Reason
	Breakfast	Lunch	Dinner	

Lifestyle Plan:

- Engage in exercise that you enjoy. Start with doing 20- 30 minutes of physical activity
- Try going to bed at 10 or 10:30pm to be awake for 5.30am over the weekend.

Nutrition Plan:

- Please refer to the thyroid health handout.
- Chia seed pudding with fruit
- Natural yoghurt and granola
- Brazil nuts 3 per day.
- Mushrooms where possible.