



Date: 27 November 2024

Name: Tracey Cuff

Next appointment: 1:30PM, 15 January 2025

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<https://g.page/r/CTL4j2aYqkiMEBM/review>

Gut Health Focus: Improve secretory IgA (mucosal immune system to protect against bacterial overgrowth), Reduce inflammation and repair the gut due to high zonulin

Supplement	Dose			Reason
	Breakfast	Lunch	Dinner	
DFH ZymeGest Start with 1 capsule in week 1 three times per day and then increase to 2 capsules three times per day from week 2.	Take 2 capsules before eating	Take 2 capsules before eating	Take 2 capsules before eating	Healthy digestion of foods (fats, proteins, carbs and lactose), stomach acid production, maintain digestive function, H.pylori support
IGGI Shield (powder)	Mix one scoop with the Gut R			Immune support & Digestive function. Binds to allergens, bacteria, histamines and toxins to remove them from the body. GI Map: Improves low SIgA.
Gut R	Mix 1 level scoop in 200mls of water or blended into a smoothie			Gut support and repair, healthy GI immune function, address inflammation, antioxidant support
BioMedica Magduo Adapt (powder)	Mix one level scoop into 150mls of water at breakfast and dinner with or without food.			Support healthy stress response, support neurotransmitters, nervous system function, healthy sleep patterns, support energy, antispasmodic, support healthy muscle contraction and relaxation, support bone and cardiovascular health.

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:

- **Anti-inflammatory & Antimicrobial focus for the next 4 weeks. I will send you recipes.**
- Add fresh herbs/ spices where possible: turmeric, ginger, parsley, thyme, oregano
- Make at home anti-inflammatory/ anti-microbial tea blend: ½ tsp fresh chopped turmeric & ginger, ¼ tsp cinnamon, pinch of ground black pepper, steeped in green tea/ camomile or peppermint tea for 8 minutes
- Roogenics.com.au.