



Date: 28 October 2024

Name: Tracey Cuff

Next appointment: 1:PM, 28 October 2024

Please ask the GP for the following tests:

- rT3 (to assess if it is blocking your T3 (thyroxine) absorption into the cell which can affect your energy)
- Iron studies, B12 serum, B12 active, folate serum, folate active, Homocysteine (determines B12 & folate deficiency), Vit D, Full blood count,
- PCR stool test – Helicobacter pylori, Entamoeba coli
 - o If results come back positive for these please avoid antibiotics as they will further increase the dysbiotic overgrowth bacteria as indicated on the GI Map.

Gut Health Maintenance:

Supplement	Dose			Reason
	Breakfast	Lunch	Dinner	
DFH GastroMend HP capsules Start with 1 capsule in week 1 and then increase to 2 capsules from week 2. Please order another bottle to do one more round.	2 capsules with or without food		2 capsules with or without food	H Pylori, ulcers, gastritis relieves mild GIT inflammation, protects from mucosa damage GI MAP: H.pylori detected.
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
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