



# Report of Findings and Nutrition & Lifestyle Plan

**Kristy Trappmann**

D.O.B. 13/07/1986      35 years

**Date of Consultation:** 05 October 2021

**Date of Report:** 11 October 2021

**Reason for Visit:** Assistance with food choices, Weight Loss

**Julie Landon**

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## Report of Findings

At the initial consultation, your intake form was reviewed. Your current health concerns, your past health history and family health history were discussed, as were your current food choices, lifestyle choices and exposure to toxins. Any medications/supplements currently taken were noted. You were asked complete a 7-day food/symptom diary and obtain blood tests. The food diary has been reviewed and forms part of this report.

### Current Health Findings

- ❖ Currently undergoing treatment for post-natal depression (PND)
- ❖ Gut - Ongoing bloating, flatulence, some diarrhoea
- ❖ Low energy (5/10)
- ❖ History of hypertension, irritable bowel (tending to diarrhoea), reflux, depression, low iron, asthma (managed) & removal of pre-cancerous cells on cervix, fibroids.
- ❖ Caesarian Births (2016, 2021)
- ❖ Recent antibiotic use (June 2021)
- ❖ Family History of depression, hypertension, low iron
- ❖ Stress: 4/10
- ❖ Height 176cm (self reported); Weight 90kg (self reported)

### Current Medication/Supplements

- ❖ Nifedipine (hypertension)
- ❖ Levonorgestrel (Contraceptive)
- ❖ Fluticasone (asthma preventer)
- ❖ Zoloft (PND)

### Current Food/Drink Choices

- ❖ Some vegetables, some protein,
- ❖ Occasional fruit
- ❖ Mostly gluten free
- ❖ Dairy Free (due to possible baby intolerance)
- ❖ Lots of snacking, no clear set meals during day
- ❖ High in simple carbohydrates e.g. cornflakes, biscuits, rice paper rolls
- ❖ Some healthy fats (olive oil, salmon 1x/week)
- ❖ Takeaways/eating out 2-3x/week
- ❖ Soft Drink - 1-2x/day

### Current Exercise

- ❖ Walk - 3x/week

### Current Work/Life Balance

- ❖ Breastfeeding
- ❖ On maternity leave until March 2022 - 7 month son plus 5year old daughter
- ❖ Does 70% household chores
- ❖ Husband works long hours and some weekends
- ❖ Husband cooks dinner 4-5x/week
- ❖ Studying part-time (online)

### Current Sleep

- ❖ Usually sleep 9.30pm - 6.30am Waking 1-3 times per night with baby

### Possible Toxin Exposure

- ❖ Radioactivity at work
- ❖ Dust

### Family Health History

- ❖ Hypertension, PCOS, Hypothyroidism, Overweight

### Review of Pathology (collected)

- ❖ Awaiting results

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**Basic Body Measurements**

- ❖ Height: 164cm (self reported)
- ❖ Weight: 80-90kg (self reported)

**Health Goals**

During the initial consultation, your health goals were discussed. The following goals were established.

Goal	Why?
1 <b>To transition gradually from convenience based diet to more nutritious foods</b>	To support whole body health, especially energy levels and mental health
2 <b>To optimise gut health</b>	To support whole body health To prevent irritable bowel symptoms
3 <b>To lose weight (longer term)</b>	To feel more energised To support whole body health To reduce risk of further health problems



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"A Goal  
without  
a Plan is  
just a  
Wish"



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## Your Nutrition & Lifestyle Plan

For each of the goals above, I have made some recommendations

Goal	Recommendations
1 To transition gradually from convenience based diet to more nutritious foods	<ul style="list-style-type: none"><li>❖ <b>Eat three well balanced meals per day with 1-2 small, nutritious snacks</b> to provide your body with the food and nutrients it needs to support your energy and mental wellbeing e.g. nuts, fruit, veggies &amp; humus</li><li>❖ <b>Plan every meal and snack</b> - to avoid grabbing convenience foods</li><li>❖ <b>Start the day with a protein- based breakfast.</b> Protein can help feel full and keep cravings for sweet, sugary foods away.</li><li>❖ <b>Avoid soft drinks.</b> Even low/no sugar soft drinks are full of artificial sweeteners which can cause gut issues, mental health problems and other health conditions. Swap for water, herbal teas, etc</li></ul>
2 To optimise gut health	<ul style="list-style-type: none"><li>❖ <b>Remove incompatible foods</b> - reduces inflammation of gut and allows for gut healing</li></ul>
3 To lose weight (longer term)	<ul style="list-style-type: none"><li>❖ <b>Increase movement/exercise within your day</b> - think about where you can get some incidental exercise in your normal daily routine as a start.</li></ul>

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## Supplement Recommendations

Supplements are often prescribed to support the food/nutrition recommendations. This is my current recommendation based upon the information I currently have; it may be necessary to add something else in later.

### BioMedica Enterocare

Contains probiotics and other ingredients to assist with soothing the gut and replenishing the microbiome.

## Further Recommendations

In addition to the above nutrition and lifestyle recommendations, I strongly recommend the following

### Compatibility Test

- ❖ As previously discussed. 'Baby Test' will test both yours and your baby's hair; the machine is calibrated towards the baby so identifies the things that you are eating that may be affecting baby. It may therefore not pick up the foods that are affecting you. Baby Test is normal price of \$295. To test just for you, we don't need baby's hair.

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## Recommended Package

With all the information set out in the nutrition and lifestyle plan it can be quite overwhelming to know where to start and how long it will all take to achieve the goals. It is my job to guide you through this and break these goals and recommendations down into easy, smaller steps. I, therefore, encourage you to work with me over the next 3-6 months. The most economical way for you to do this is to take out a package which includes all appointments and tests and may even include meal plans if you want this option. The only addition would be any supplements that are prescribed part way through or later on in the plan. Here is my recommended package options to get you started:

### Overhaul' Plan - \$1055

Compatibility Test + 6x follow up appointments + Compatibility Retest + 1x follow up to go over Retest results + email support as required (full price: >\$1090)