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**Date:** 12 May 2025  
**Name:** Imogen Hare

Gluten intolerance testing via DNA.

<https://dnabioservices.com.au/collections/frontpage/products/food-sensitivity-testing-analysis-report>

GI Map retest. Get imogen to do her stool sample on a Sunday or Monday. If done on the Sunday, put everything in the return post bag and store in the fridge overnight to post out on Monday morning before 1pm.

Supplement	Dose			Reason
	Breakfast	Lunch	Dinner	
<b>Gluten Relieve</b>  <b>Take as needed</b>	Take 2 capsules with water, immediately before foods containing gluten if consumed. If incidental consumption, can be taken immediately after eating.  If she starts to get reflux, take 1 capsule with main meals until reflux is resolved.			Breaks down gluten protein in case of ingestion.  Helps to break down foods in the stomach and intestine.
<b>Gastro Aid</b>  <b>Take as needed.</b>	Take 2 capsules daily with lunch & dinner if needed for reflux.			Digestive enzyme support.
IP Restore.  Creates an environment that overgrowth bacteria do not like so will help to reduce them.	1 capsule.			High zonulin – helps to rebuild the gut lining & reduces inflammation at the gut wall, protects from damage against bacterial pathogens & H.pylori, and promotes beneficial bacteria, gut repair and nutrient absorption. Promotes healthy immune system activity and regulation.
Probiospore (single strain probiotic)  Finished. Good to have on hand in cases of diarrhoea/ constipation or messy stools.	1 capsule.			Prevents bad bacteria from growing and attaching itself to the gut wall which can cause inflammation, acts an antimicrobial and as a binder to help draw out toxins released from these bacteria and aids in their excretion from the body. Will help to bring down high SIgA to help the immune system regulate at a slower pace.
	1 capsule daily			Good for loose stools.

## Nutrition Plan 12/05/25:

- **Bananas** may help with increasing some fibre intake to improve stools – add to smoothies
- Plums: ½ a plum 1 – 2 times per week. Do not give on the same day as giving an apple.
- Apples: start with ½ an apple. Give on separate days as the plum. Leave about 4 days between giving another serving of plum for the week to assess any reactions. on consecutive days; limit to 1-2 times per week

Day 1	Plum ½ serve
Day 2	Apple ½ serve
Day 3 - 5	No plums or apples
Day 6	Plum ½ serve
Day 7 - 10	Apple ½ serve

Repeat this cycle until I see you next. Keep note of any digestive symptoms and changes in bowel habits.

**Smoothie Bags:** make up a batch and store in the freezer. You can freeze blocks of yoghurt in an ice cube container and add this to the bag for storage.

- Try fresh papaya as a digestive aid (when ripe with orangey-pink colour)
- Add frozen papaya (from fresh) to smoothies with water and pineapple to help calm gut and support digestive enzyme function
  - ¼ cup papaya with ¼ cup frozen pineapple

## Previous Plans:

- Continue with gluten-free diet
- Continue with fibre-rich smoothies containing oats and psyllium husk
- Psyllium husks – ½ tbsp cooked in gluten-free oats and extra water. With crushed berries and a bit of honey to sweeten.
- Oats – cook with water and store in the fridge, add 1 tablespoon to her smoothies, with kiwi fruit and cucumber.
- Please refer to constipation and fiber guides.
- **Include berries and golden kiwi fruit as much as you can:** helps to produce good bacteria through prebiotic fibres, and good for constipation and incomplete emptying of the bowel.
- **Trial strict gluten-free diet for 3 months** – helps to reduce inflammation at the gut wall caused by zonulin (gluten stimulates regulation of zonulin which can lead to it being high). Going gluten free temporarily will help the gut heal.
- **Add bitter foods daily:** helps to stimulate digestive enzymes and pancreatic elastase 1 to break down food throughout the digestive tract.
  - rocket, bitter melon, broccoli, kale, brussels sprouts, radishes, cabbage, dandelion greens
  - dandelion tea or chamomile tea
  - pineapple is also great for digestive support. Choose fresh and frozen where possible and avoid tinned as the bromelain can be destroyed with the heating process of canning foods. If using fresh, you can chop it up and store in the freezer.
- **Water intake** – Aim for 1.5L of water per day to help with her bowel motions.

## Lifestyle Plan:

- Ensuring proper sanitation practices, such as hand washing before food preparation and after using the restroom to help to minimise exposure to H.pylori.

- Consider if you or your husband may also have this bacteria as it is easily passed on through sharing foods, drinks and kissing.
- Give gut-directed hypnotherapy a try – shown to reduce IBS symptoms and improves moods (reduction in anxiety/depression related to IBS)
  - Download the Nerva app
  - You can read more about Nerva [here](#)

## Zucchini and quinoa slice:

### Ingredients

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1 1/2 cup (300g) quinoa

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1 1/2 cup (375ml) water

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2 teaspoon olive oil

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3 rindless bacon rashers (195g), chopped coarsely

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1 medium brown onion (150g), chopped finely

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2 medium zucchini (240g), grated coarsely

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5 eggs, beaten lightly

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1 cup (100g) coarsely grated tasty cheese

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1 1/2 tablespoon french mustard

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### Method

1. Preheat oven to 180°C. Grease a 20cm x 30cm rectangular slice pan; line base and long sides with baking paper, extending the paper 5cm over the sides.
2. Rinse quinoa under cold running water until water runs clear; drain well. Place quinoa in a medium saucepan with the water over high heat; bring to the boil. Reduce heat to low; cook, covered, for 15 minutes or until liquid is absorbed. Cool.
3. Meanwhile, heat oil in a medium non-stick frying pan; cook bacon and onion over medium heat, stirring, for 5 minutes or until onion is soft.
4. Place quinoa and bacon mixture in a large bowl, add remaining ingredients; stir until combined. Pour mixture into pan; smooth the surface.
5. Bake slice for 40 minutes or until browned and firm to touch. Cool in pan. Cut slice into 8 squares. Serve topped with micro herbs, if you like.



**Nutrition Plan:**

Download the FODMAP app by Monash university to help with portion sizes of low fodmap foods.

FODMAP	HIGH FODMAPS	LOW FODMAP
<b>Oligosaccharides: fructans and/or galactooligosaccharides</b>	<p><b>Vegetables:</b> artichokes, asparagus, beetroot, Brussels sprouts, broccoli, cabbage, fennel, garlic, leeks, shallots, okra, onions, peas</p> <p><b>Cereals:</b> wheat &amp; rye when eaten in large amounts (bread, pasta, crackers)</p> <p><b>Legumes:</b> from dried chickpeas, lentils (dried and canned), red kidney beans, baked beans.</p> <p><b>Fruits:</b> watermelon, custard apple, white peaches, rambutan, kaki</p>	<p><b>Vegetables:</b> carrot, cucumber, potato, bell pepper, eggplant, green beans, lettuce, spinach, chives, parsnip, pumpkin, silver beet, spring onion (green part only), tomato, zucchini, bamboo shoots, bok choy, choy sum</p> <p><b>Cereals:</b> wheat-free/gluten free grains or wheat-free/gluten free flours and products made with these (bread, pasta, crackers), spelt and spelt products, oats, corn, rice, quinoa</p> <p><b>Legumes:</b> canned chickpeas</p>
<b>Disaccharides: Lactose</b>	Milk (cow, goat, sheep), yoghurt, soft & fresh cheeses (Ricotta, Cottage), ice cream	Lactose-free milk, rice milk, almond milk, lactose-free yoghurt, hard cheeses (Cheddar, Parmesan, Swiss, Brie, Camembert), pure butter, ice-cream substitutes (dairy-free gelato, sorbet)
<b>Monosaccharides: Fructose</b>	<p><b>Fruits:</b> apples, pears, nashi pears, clingstone peaches, mango, sugar snap peas, watermelon, tinned fruit in natural juice, dried fruits</p> <p>Honey</p> <p><b>Sweeteners:</b> fructose, high fructose corn syrup</p>	<p><b>Fruits:</b> banana unripe (when they're just turning yellow), blueberry, grapefruit, grape, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, tangelo, raspberry, strawberry, pawpaw, star fruit, passion fruit, rockmelon, carambola, durian</p> <p><b>Honey substitutes:</b> maple syrup, rice malt syrup</p> <p><b>Sweeteners:</b> sugar, glucose, artificial sweeteners not ending in "-ol"</p>
<b>Polyols</b>	<p><b>Fruits:</b> apples, apricots, cherries, lychee, nashi pears, nectarines, pears, peaches, plums, prunes, watermelon</p> <p><b>Vegetables:</b> avocado, cauliflower, mushrooms, snow peas</p> <p><b>Sweeteners:</b> sorbitol, mannitol, xylitol &amp; others ending in "-ol", isomalt</p>	<p><b>Fruits:</b> banana, blueberry, grapefruit, grape, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, raspberry, pawpaw, star fruit, passion fruit, rockmelon, carambola, durian</p> <p><b>Sweeteners:</b> sugar, glucose, artificial sweeteners not ending in "-ol" (sucralose, aspartame)</p>