



Date: 18 November 2024

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Gut Health Maintenance:

- Continue with Kids DHA/EPA
- You can open the IP restore and Probiospore capsules and add to a smoothie to reduce how many capsules taken in the morning.

Supplement	Dose			Reason
	Breakfast	Lunch	Dinner	
Gastromend	Take 1 capsule with dinner. Take a week break and see how she responds. Watch for nausea. If we need to add back in, take once per day.			H. pylori.
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, promotes beneficial bacteria, gut repair and nutrient absorption. Promotes healthy immune system activity and regulation.
Probiospore (single strain probiotic)	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.

Nutrition Plan:

- Psyllium husks – ½ tbsp cooked in gluten-free oats and extra water. With crushed berries and a bit of honey to sweeten.
- Please refer to constipation and fiber guides.

Previous Plan:

- **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 breakdown 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](#)

Nutrition Plan:

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

FODMAP	HIGH FODMAPS	LOW FODMAP
Oligosaccharides: fructans and/or galactooligosaccharides	<p>Vegetables: artichokes, asparagus, beetroot, Brussels sprouts, broccoli, cabbage, fennel, garlic, leeks, shallots, okra, onions, peas</p> <p>Cereals: wheat & rye when eaten in large amounts (bread, pasta, crackers)</p> <p>Legumes: from dried chickpeas, lentils (dried and canned), red kidney beans, baked beans.</p> <p>Fruits: watermelon, custard apple, white peaches, rambutan, kaki</p>	<p>Vegetables: 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>Cereals: 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>Legumes: canned chickpeas</p>
Disaccharides: Lactose	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)
Monosaccharides: Fructose	<p>Fruits: apples, pears, nashi pears, clingstone peaches, mango, sugar snap peas, watermelon, tinned fruit in natural juice, dried fruits</p> <p>Honey</p> <p>Sweeteners: fructose, high fructose corn syrup</p>	<p>Fruits: 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>Honey substitutes: maple syrup, rice malt syrup</p> <p>Sweeteners: sugar, glucose, artificial sweeteners not ending in "-ol"</p>
Polyols	<p>Fruits: apples, apricots, cherries, lychee, nashi pears, nectarines, pears, peaches, plums, prunes, watermelon</p> <p>Vegetables: avocado, cauliflower, mushrooms, snow peas</p> <p>Sweeteners: sorbitol, mannitol, xylitol & others ending in "-ol", isomalt</p>	<p>Fruits: banana, blueberry, grapefruit, grape, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, raspberry, pawpaw, star fruit, passion fruit, rockmelon, carambola, durian</p> <p>Sweeteners: sugar, glucose, artificial sweeteners not ending in "-ol" (sucralose, aspartame)</p>