

## **Wellness Plan – Jenn Chisholm**

**5<sup>th</sup> November 2022**

### **Goals:**

- **Promote gut healing and liver support to reduce nausea, vomiting and pain**
- **Support nervous system, stress and energy levels**

### **Prescription:**

#### **Orthoplex Gut-R**

- Take 1 level scoop (7 g) once daily in 200 mL water, consume immediately – have after your first meal of the day
- Specialised gut healing formula which supports digestive function and mucous membrane health
- Supports gastrointestinal & liver health and aids repair of gut wall lining

#### **BioMedica PeptEase**

- Take 1 chewable tablet, 3 times a day - have with meals
- Helps relieve symptoms of heartburn and indigestion
- Soothes the gastro intestinal tract mucous membranes

#### **BioMedica BioActivated B**

- Take 1 tablet with first meal of the day (don't have after lunch as it may affect your sleep)
- B vitamin complex to support mood, stress response and energy levels
- B vitamins are necessary for nearly every biological process in our bodies and if we are not absorbing nutrients correctly which is likely in your case, you will benefit from adding these while we start healing and improving nutrient intake through diet

**Dietary Advice:**

- Please find attached the anti-inflammatory diet handout and recipes as discussed – we want to support your gut and liver by providing it with as many antioxidant and anti-inflammatory rich foods as possible to promote healing and optimal function. Please use this as a guide to start making some improvements to your diet. Food is medicine!
- Please do not have coffee in the morning on an empty stomach. This can be contributing to feelings of nausea and can impact our liver as caffeine is processed here.
- A nice alternative for your morning coffee is a Dandelion tea. Dandelion is a great herb that supports liver health and restoration as well as improving our bile production which will help in digesting food, reducing bloating and heartburn

**Lifestyle Advice:**

- As discussed, stress has a big effect on our gut health via the gut-brain axis. I have attached a mindfulness handout as well which just has some really nice, quick, simple breathing exercises on there. If you can do this once a day, its just a great 5 minute option to help support and give our nervous system a bit of hug!

**Referral:**

- As discussed, due to the history of gall bladder inflammation, and possible stomach ulcer, please arrange for H Pylori testing as this will affect treatment. It is also important to follow up with your GP about the scope for the stomach ulcer so we know exactly what we are dealing with. I can arrange the breathe test for H Pylori which will show if you have an active infection for \$129.00 – please let me know if you wish for me to arrange this referral or if you can arrange with your doctor. If you have to wait till your appointment at the end of the month, that's ok, we can still focus on gut healing while we wait for that as it would be nice to get some healing underway before we treat for H Pylori anyway (if indicated of course).