

Treatment Summaries

Irritable Bowel syndrome (IBS) and Inflammatory Bowel Disease (IBD), Brain Health and Inflammatory conditions related to Gut Health

Testing	Serum Zonulin	Intestinal permeability	CDSA level 3	
Treatment plan	Reason	Treatment	Alternative	Alternative
1)	Inhibit pathogenic bacteria 2-3 weeks	Intestaclear (Orthoplex)	Pomegranate (Nutrition Care)	Parex Plus (Metagenics)
2)	Enhance gut healing 4 weeks	Gut Relief (Nutrition Care)	Glutagenics (Metagenics)	
	Prebiotics	Any brand without inulin		
	Probiotics Long term	Polybac 8 (Nutrition Care)	Probex (Metagenics) Switch to Ultra Flora Restore after 1 month	
Optional	Treat constipation	Globe artichoke (Nutrition Care)	Liquorice (Nutrition Care)	
	Treat diarrhoea	Astralgus (Nutrition Care)		
	Aid pancreas	Vegetarian Digestive Enzymes (Metagenics)		
	Anti-inflammatory	Cumerone (Nutrition Care)		
Dietary	Remove gluten Remove processed food	Prebiotic foods Add vegetables with MACs	Fermented foods	Consider low FODMAPS 6 weeks

Small Intestine Bacterial Overgrowth (SIBO)

Testing	Hydrogen and methane breath test for glucose and lactulose http://www.gastrolab.com.au/ for testing in Australia			
Treatment plan	Reason	Treatment	Alternative	Alternative
1)	Inhibit pathogenic bacteria 2-3 weeks	Intestaclear (Orthoplex)	Pomegranate (Nutrition Care)	Parex Plus (Metagenics)
2)	Enhance gut healing 4 weeks	Gut Relief (Nutrition Care)	Glutagenics (Metagenics)	
	Prebiotics	Any brand without inulin		
	Probiotics Long term	Polybac (Nutrition Care)	Ultra Flora Intensive Care (Metagenics)	
Optional	Treat constipation	Globe artichoke (Nutrition Care)	Liquorice (Nutrition Care)	
	Aid pancreas	Vegetarian Digestive Enzymes (Metagenics)		
Dietary	Remove gluten Remove processed food	Prebiotic foods Add vegetables with MACs	Fermented foods	Consider low FODMAPS 6 weeks

Allergies and Eczema

Testing	Serum Zonulin	Intestinal permeability	CDSA level 3	IgG food sensitivities Food Detective (Nutrition Care)
Treatment plan	Reason	Treatment	Alternative	Alternative
1)	Inhibit pathogenic bacteria 2-3 weeks	Intestaclear (Orthoplex)	Pomegranate (Nutrition Care)	Parex Plus (Metagenics)
2)	Enhance gut healing 4 weeks	Gut Relief (Nutrition Care)	Glutagenics (Metagenics)	
	Prebiotics	Any brand without inulin		
	Probiotics Long term	Lactobac (Nutrition Care)	UltraFlora LGG (Metagenics)	
Optional	Immune modulator	Astragalus (Nutrition Care)		
Dietary	Remove gluten Remove processed food	Prebiotic foods Add vegetables with MACs	Fermented foods	Consider low FODMAPS 6 weeks