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CASE STUDY # 1 - CATHY



The logo for 'Healthy Gut' features a stylized, abstract shape in green and blue, resembling a drop or a leaf, with the text 'Healthy Gut' underneath.

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Cathy's Story

- 35 year old female
- History of headaches
- PMS related issues
- History of Tylenol #1 use (resolved)
- Fondness for alcohol on weekends
- No apparent indications of food issues
- Gas and bloating was intermittent
 - some days were good and other days were bad
- Weekdays worse than weekends
 - worked long hours (including the weekends)



A martini glass filled with a red liquid, garnished with a lime wedge.

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Case Study #1

- Bowel movement once of day but often pooped little bullets or loose stools
- Main health concerns was loose stools, headaches, muscles aches, anxiety and disrupted sleep,
- Her diet was good with whole grains, nuts, seeds, vegetables, fruits, small amount of meat – mainly chicken, raw milk cheese and yogurt, occasionally legumes, no coffee or tea and good amount of spring water – chose organic mainly
- Supplements included fish oil, a multi with B's, Cal/Mag with D



A variety of fresh vegetables including carrots, broccoli, and bell peppers.

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Case Study #1 First Stage

- Start at square one – Steps To Good Digestion
- Introduced her to fermented foods and prebiotic foods
- Started her on a low dose probiotics – with both bifidus and lactobacillus
- Also suggested some digestive plant enzymes
- Worked to stabilize her blood sugar
- This was all to give her some support to her system



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Case Study #1 Second Stage

- Stress issues – suggested she start walking
- Educated her about the relationship of stress to her health concerns
- Talk about what she might do to lower stress
- During this time she came down with a major cold – recommend oil of oregano
- Noticed an improvement in her intestinal health after she had the cold and the oregano oil



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Case Study #1 Second Stage

- Kept her on the oil of oregano for a month after the cold resolved and switch her to high dose probiotics.
- We also discussed her liver and doing liver support - put her on milk thistle and dandelion
- We discussed liver friendly foods for extra support
- This made her detox – after she felt even better



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Case Study #1 Third Stage

- Recommend glutamine at this time to help strengthen her gut muscles
- At this point her headaches were only occasional, her moods had improved, muscle aches were significantly reduced and her stools had improved – no more little bullets and only occasional loose stool.
- Sleep was better but we discussed her mattress and pillow and determined it was time for a change



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1 year later...

- Client was satisfied at this point and wanted to stay the course and see how she progressed.
- Two years later she returned
- Her main concern was extreme flatulence, generally at night
- She had maintained her good diet and was still walking
- She was not on any probiotics, just a multi and fish oil



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2 years later...

- Her fermented food and prebiotic food intake was good
- She was still working long hours and rushing around but she was enjoying what she was doing
- She describe the gas as embarrassing and long and loud
- She was at a loss as she had been maintaining what she did that had worked before



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Poopaphobia

- Fear of pooping in public
- Pooped normally in the morning
- We discussed her attitudes about pooping and she was not comfortable pooping outside of the house
- She also had issues at work with taking breaks to take care of eating or peeing
- Pooping was out of the question



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Poopaphobia

- She wanted to know why she would start experiencing this symptom when she had never had this before
- We discussed how her peristalsis had been an issue before (Tylenol 1 use)
- Her protocol helped improve peristalsis
- She was ready to poop more than once a day physically but she was blocking it



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Resolution

- We again looked at her lifestyle, her time-management and options for pooping
- We also discussed her tapping in to her body and relearning her body's signal for pooping
- Once she realized the signal – stop what she was doing – pooped – gas and bloating went away

