

# Gut Health Workshop

Case #2

Role Play

Donna is a 40-year-old female with diarrhea and gas

Current History:

She has not been able to attend the theatre or go to a movie in over a year. She has anxiety about being in public and not being able to find a restroom when she needs to go #2. She also has excessive gas which is very embarrassing. She sometimes has bloating pain, which prevents her from doing anything but lying down.

She used to love to travel, but she is worried about eating food in other countries now.

She is coming to you because she knows that nutrition is very important to health and has heard great things about Whole30.

Past Medical History:

People tell her that is always stressed out.

No other chronic conditions that she knows of.

Surgical Hx:

Appendectomy at age 18.

Social Hx:

Loves backpacking both locally and throughout the world, but has not gone anywhere in several years.

Single with no kids

Lifestyle habits:

Rides her bike 2 times a week. Walks the dog.

Sleeps 6-7 hours a night. No trouble falling asleep.

Medications:

None

Supplements:

Vit D3 500 IU

CVS brand Multivitamin