



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Abby Morgan 3/8/22

Diet recommendations

- Avoid fermented foods like pickles - will make you feel more tired/ in more pain
- Salt your foods whenever you want - will increase your energy- Murray River salt from IGA is the best option
- Nuut shakes - aim to have one every morning before 9am: <https://nuut.com.au/products/paleo> Discount code = ALEXM15.
- Try to eat different legumes every day. If you react try to do a tsp a day of a legume of choice. This helps build the good gut bacteria. E.g. black turtle beans, adzuki beans, red lentils. Fresh is always best, but organic canned ones can also work if needed (just always rinse). Instead of soups make bean and vegetable dishes for lunch or dinner when possible.

Assessments/referrals

- Nutripath Complete Microbiome Map - to complete at home
- GP referral letter - take to Dr Ratna Neville in Mosman

Other

- iP - period tracker - next time you get period start marking the days
- Try to start flossing every day
- Send one week of diet diary template to Alex
- Sulphur ointment mixed in with Facetheory for acne: <https://www.amazon.com.au/Cruz-Sulfur-Ointment-Medication-2-6oz/dp/B00H5UP96I>

<https://au.facetheory.com/products/lumizela-a15-azelaic-acid-serum>

Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
PHGG (guar gum)		1 scoop					Add to shake
Designs for health GI Revive		1 tsp				1 tsp	In water
RN Labs Curcutex		2 caps				2 caps	
Biomedica MagDuo		1 scoop				1 scoop	In water

*** Start after Microbiome test and take break 2 days before blood test***