



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

### TREATMENT PLAN - Alicia Lloyd 26/7/21

#### Diet recommendations:

- 100% organic salted butter only
- Continue low dairy - attempt GF - see sheet attached for substitutes.
- Refer to candida sheet also.
- Nuut shake once a day, pref first thing in the morning but also good for snacks: <https://nuut.com.au/collections/nuut-blends/products/nuut-daily-balance-blend>
- Eat foods containing resistant starch daily. You may react to these but even a teaspoon of one a day would be beneficial. These foods will be used by your butyrate producing bacteria to produce more butyrate therefore will diversify and strengthen your microbiome and immune system. Resistant starch is found in cooked and cooled potatoes, rice, pasta (GF), legumes, cashews, soaked (not cooked) oats. Try to ensure you have at least one of these foods every day.
- 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. Eat foods containing a multitude of polyphenols daily. Polyphenols can be found in pomegranates, red-fleshed dragon fruit, cranberries (fresh not dried), red and black rice and quinoa, any type of berry. Eat a mix of these foods daily.

#### Assessments/referrals:

- Complete mycoplasma urine analysis - Alex will get back to you re which lab.
- Bloods - complete after next period day 2 and 21. Alex will email GP referral to you.

#### Other:

- Floss every day, and oil pull as often as possible with black sesame seed oil: <https://www.healthline.com/nutrition/6-benefits-of-oil-pulling> - super important to keep your oral health up on the back of your microbiome results.
- Buy a medium- large disposable plastic syringe from pharmacy; fill cup with boiled/ cooled water (so luke warm) and add a tsp of raw apple cider vinegar; insert into vagina and flush once a day when you are in the shower.
- When really itchy/sore - use a dessert spoon of yogurt as a cream for down there; wear a panty liner.
- Avoid washing your private parts with any kind of soap, even natural soap - just use hot water.
- Soak all of your underwear in water and this in case fungus in undies: <https://www.chemistwarehouse.com.au/buy/7104/pevaryl-foaming-solution-1-3x10g-sachets>



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

### Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
RNLabs Calcium d Glucorate						1 tsp	
Pure encapsulations liposomal Glutathione						1-2 caps	FX Med; Start low
Rn Labs Bioactive B complex		1 cap					
Metagenics EnergyX		1 scoop		1 scoop			
Bodybio eLyte		1 capful					FXMed In water to sip during day
Bioceuticals Clinical Histamammune Clear		2 tabs		1 tab			Replaces vitamin c when you finish it
RNutritionals curcumin Pure		2 tabs				2 tabs	FXMed; replaces DFH Curcum-Evail

### Gut Protocol (8-12 weeks)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Orthoplex GIT Immunobiotic		1 tsp				1 tsp	Replaces SB Pro
Thorne Berberine 500		1 cap				1 cap	FXMed
98alive		1 cap				1 cap	Order via link below

NB: if you stomach can't handle the berberine and 98alive together, do one at a time  
<https://www.98alive.co/product-page/98alive-immune-support-capsules-1>

### Vaginal Pessary

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Biomedica Femex Forte		1 cap				1 cap	1 cap orally two hours after breakfast away from herbs, Insert 1 whole cap into vagina before bed