



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Alicia Lloyd 2/2/22

Diet recommendations

- Continue low dairy (no cow dairy) & GF
- 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.

Assessments/referrals

- Nutripath Vaginal Microbiome test to complete at home
- GP - blood work to complete on day 2 and day 21

Other

- Reproductive Lifestyle sheet - slowly make all changes at home
- Do another weeks worth of diet diary and email to Alex

Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
RNLabs Calcium d Glucorate						1/2 tsp	
Pure encapsulations liposomal Glutathione						1 cap	FX Med; Start low
Thorne Zinc Picollinate 25mg						2 caps	iHerb
Bioclinic Naturals D3/k2						4 gelcaps	
Rn Labs Bioactive B		2 caps					
Metagenics EnergyX		1 scoop		1 scoop			
Bodybio eLyte		1 capful					FXMed In water to sip during day
Bioclinical Naturals Ubiquinol 300mg		1 cap					CoQ10 supp
RNnutritionals curcumin Pure		2 tabs				2 tabs	FXMed; replaces DFH Curcum-Evail