



**ALEXANDRA MIDDLETON**  
NATUROPATHIC NUTRITIONIST

**TREATMENT PLAN - Amanda Dormer 9/6/22**

**Diet recommendations**

- Go dairy free - butter is okay; see dairy free sheet attached
- Cut down tea to 2 cups in the morning, swap it Pukka English Breakfast, black or vegan milk (or try Bonsoy); for the rest of the day switch to herbal teas (check out Pukka range on [vital.ly](https://vital.ly), also Bonvit dandelion root tea from the health food shop); never on empty stomach
- Nuut shakes - aim to have one every morning before 9am: <https://nuut.com.au/products/paleo>  
Discount code = ALEXM15.
- Mineral water instead of tap water
- Start cutting out all ferments - including vinegars, miso, kombucha, sauerkraut, Vegemite
- 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 + Vaginal Microbiome
- GP referral - take to GP; blood work on days 2 and 21 of cycle
- Take non-rebatable DHM form to the lab you go to to check your mercury as well (either day is fine)

**Other**

- Try to floss every night before bed

**Supplements \*\*\* DON'T START UNTIL MICROBIOME STOOL SAMPLE COMPLETE\*\*\***

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
MTHFR PHGG (Guar gum)		2 tsp					Into Nuut shake shake
Biomedica Magduo		1 scoop				1 scoop	
Biomedica VegeNAC	2 caps		2 caps				
Rn Labs Folinic acid		2 caps					
RN Labs iodine/tyrosine	2 caps						
Mediherb Curcuma Activ		2 tabs				2 tabs	Until finished