



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Amelia Domenici 23/8/22

Diet recommendations

- Salt food whenever you like - Murray river salt from IGA and Woolies etc
- Coffee - always organic, always after food/shake and always one shot; instead of oat try a little Bonsoy (yellow carton); you can even try some organic beans and buy a coffee grinder
- See GF + DF sheets attached for brand substitutions
- Nuut shakes - aim to have one every morning before 9am: <https://nuut.com.au/products/paleo> Discount code = ALEXM15; use Bruce's unsweetened almond milk + filtered water
- 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

- GP - Dr Belinda Tosi at Eternal Doctors Randwick OR Dr Claudia Nicholson on Bronte rd, Bondi Junction
- Take GP referral letter to GP; take GP referral to a Douglass Hanly Lab on day 2 and 21 of your period (go on monday if day 2 lands on a sunday)

Other

- Organic Pads or period pants (modi Body) instead of tampons
- Oil pulling with black sesame oil (organic) leave it in the shower to use
- Book: James Clear "atomic habits"; Dr James Wilson "adrenal Fatigue"
- Continue to track period - day 1 is first day of bright red flow

Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Biomedica Thyrestore	2 caps						
RNLabs Mag Glycinate		2 caps				2 caps	
Bioclinical Naturals Ubiquinol 300mg		1 cap					
RN labs Curcutex		2 caps				2 caps	
RN Labs Calcium d-glucorate		1/2 tsp					Can go in shake