



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Anita Schumann 10/3/22

Diet recommendations

- Your ideal diet is gluten/dairy and amine free
- Nuut shake once a day, pref first thing in the morning but also good for snacks: <https://nuut.com.au/products/paleo-au> 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.
- 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.
- 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 (pref GF), legumes, cashews, soaked (not cooked) oats. Try to ensure you have at least one of these foods every day.

Assessments/referrals

- Take results with you to see Dr Simon Benstock at Double Bay hospital - ph 02 9398 0200; you will need GP referral.

Other

- Dental - check cone beam x-ray to check root canals
- Void alcohol on antibiotics; keep your water up
- Long term plan:
 1. Gut work - Simon Benstock for blastocystis infection/ antibiotics; followed by restoration work
 2. Lower cholesterol & inflammation
 3. Assess and address hormones - bio-identical DHEA from endocrinologist or GP
 3. Optimise detox pathways
 4. Dental work - heavy metal chelation and root canal therapy



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Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Orthoplex Folinic Acid		3 caps					Replaces methlymax
Biomedica pure liposome B12		1 dropper					2 sprays of the Bioceuticals until finished
Metagenics CalmX		1 scoop				1 scoop	
Metagenics Glutagenics		1 tsp				1 tsp	
Bioclinic Naturals D3/K2						3 gelcaps	
Thorne Quercetin		1 cap				1 cap	FX med
Bioclinic Naturals Ubiquinol 300mg		2 caps					
Biomedica Thyrestore	2 caps				1 cap		
Biomedica SB pro		1 cap				1 cap	
Bioceuticals Multigest Enzymes		1 cap				1 cap	
Metagenics Lipoplex		1 scoop				1 scoop	For cholesterol
Pure Encapsulations Liposomal Glutathione							Liver support, FX med
Researched Nutritionals Curcumin Pure		2 caps				2 caps	FX med

*** If you don't feel good on antibiotics, take a break from the supplements - except for the glutathione and glutagenics *****

Gut protocol (8-12 weeks)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
98alive		2 caps				2 caps	Link below
Thorne Berberine 500		1 cap				1 cap	FX med

<https://www.98alive.co/product-page/immune-support-capsules>