



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Annie Goryunora 3/8/2022

Diet recommendations

- Breakfasts - prevailed eggs on toast with butter or avocado
- Continue gluten free
- Bars - Botanika blends vegan protein bars: <https://australianorganicproducts.com.au/products/botanika-blends-vegan-protein-bars-choc-hazelnut-12x40g>
- Avoid white flours alcohol and sugar during colonics
- Merediths sheets yogurt (blue lid) - exactly the same as plain cow greek yogurt just swap it over next time you make the dressing

Assessments/referrals

- Dr Yin Yin Teoh - Sydney Holistic Dental Centre, Sydney - for SOMA plate ph 02 9221 5800

Other

- Air purifier must have HEPA filter
- Amie Skilton course on mould-free homes: <https://www.amieskilton.com/mouldproof>
- Shampoo - check out Vegamour online
- Colonics - 1 a week for three weeks; see Vera in Bondi (only vera!) - ph 0402 395 331

Supplements - GI protocol (6 weeks the review)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Panaxea Antibiotobotanicals		2 caps				2 caps	Alex will order
Bodybio butyrate		1/2 cap				1/2 cap	FX Med
Thorne Berberine 500		2 caps				2 caps	FX Med
Pure encapsulations Pure liposome						1 cap	FX Med
RN Labs Lysine						1 tsp	vital.ly