



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Chloe Baker 6/9/22

Diet recommendations

- Clear spirits/tequila is better than wine/beer/champagne
- Please [head to this Dropbox link](#) for recipes ideas
- Aim for 25-30g vegan protein in morning smoothie
- Best greens for smoothies = bok choy, Blanche before blending; or green herbs like parsley, coriander, mint or any other green herb
- Bone broths/stocks - read label, always avoid products with vinegar
- 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

- N/A for now

Other

- Dehumidifier, ask landlord to buy: <https://www.ausclimate.com.au/products/nwt-medium-20l-dehumidifier> also <https://www.ausclimate.com.au/products/air-purifiers/range>
- Colonics with Vera in Bondi Beach - 0402 395 331
- Kim O'Brien "pattern counsellor" - ph 0438 000 511
- New underpants - soak them intermittently in Pevaryl and warm water (from pharmacy)
- Limit infrared saunas under 25min, drink natural coconut water while in sauna
- Call Medicare and ask what item numbers your insurance will cover

GI protocol supplements (4 weeks again review)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
BodyBio Butyrate		1/2 cap				1/2 cap	
Designs for Health GI Revive		1//2 tsp				1/2tsp	
Biomedica SB Pro		1 cap				1 cap	
Biomedica Allimax		1 cap		1 cap		1 cap	

Supplements (pause while taking GI supps)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Metagenics Energy X		2 scoops		1 scoop			
Pure Encapsulations L.iposomal Glutathione						1 cap	Replaces VegeNac when finished