



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Emma Carlon 23/8/2022

Diet recommendations

- Continue amine free when possible
- 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; do this instead of the fresh smoothies.
- Start morning squeeze lemon juice and warm filtered; also focus on your chewing >15chew per mouthful
- Please [head to this Dropbox link](#) for recipes booklets

Assessments/referrals

- Jane Lyttleton (Paddington) 02 9332 1677 - talk to her about Chinese herbs for fatigue/ yin deficiency, just see her once a month for herbs/ ask her if she has someone local to you you can see
- Kim O'Brien 0438 000 511 - therapist for trauma work, text her
- Vaginal Microbiome swab - complete mid month and send to Nutripath

Other

- Book - "Adrenal Fatigue" - By James Wilson, look for the audiobook
- Female Repro lifestyle sheet - use as a checklist
- Bloat - castor oil packs 3x week
- Gua sha (buy stone from Mecca or online at Wildling) and lymphatic massage on face (see videos)

GI Protocol (one more month)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Thorne Berberine 500		2 caps				2 caps	
98alive		1-2 caps				1-2 caps	
Designs for Health GI Revive		1 tsp				1 tsp	GI restoration
PHGG (guar gum)		2 tsp					Put in Nuut shake

***Finish up SB pro when finished ***

<https://www.98alive.co/product-page/98alive-immune-support-capsules-1>



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Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Rn Labs Folinic acid		3 caps					
RN Labs Lysine		1 tsp					Into Nuut shake
Biomedica Thyrestore	2 caps				1 cap		
RN Labs Calcium CDG						1/2 tsp	
Bioclinical Naturals Ubiquinol 300mg		2 caps					
Pure encapsulations Magnesium Glycinate		3 caps				3 caps	Equiv 600mg/day
Pure encapsulations Liposomal Glutathione						2 caps	

Prometrium

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Prometrium 100mg						100mg	Orally every day then vaginally from day 21-27 then stop for period