



**ALEXANDRA MIDDLETON**  
NATUROPATHIC NUTRITIONIST

**TREATMENT PLAN - Gemma Fitzgerald 27/5/22**

**Diet recommendations**

- Nuut shake once a day, pref first thing in the morning but also good for snacks: <https://nuut.com.au/collections/nuut-blends/products/nuut-daily-balance-blend> Discount code = ALEXM15
- Put a tsp of the PHGG and Ancient Lakes C + Minerals into your shake every day
- Continue with Jane's herbs but stop them during antibiotics
- Avoid alcohol during antibiotics strictly; keep up your water and rest

**Assessments/referrals**

- Ask for copy of your recent blood work to send to Alex
- Dr Simon Benstock at Double bay hospital ph 9398 0200; take results with you

**Other**

- Kim O'Brien ph 0438 000 511 (counselling/ emotional support)

**Supplements**

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
RN Labs Folinic Acid		2 caps					<a href="https://vital.ly">vital.ly</a>
Flordis Iberoglast		40 drops in water				40 drops in water	
Biomedica SB Pro		1 cap				1 cap	1 bottle
Biomedica Pure lip B12		2 droppers					
Biomedica Thyrestore	2 caps						<a href="https://vital.ly">vital.ly</a>
Bioclinical Naturals Ubiquinol 300mg		2 caps					<a href="https://vital.ly">vital.ly</a>
Thorne Meriva 500-SF		2 caps				2 caps	FX Med
Pure Encapsulations Mg Glycinate		3 caps				3 caps	FX med
Pure encapsulations Liposomal Glutathione		1 cap				2 caps	Start low go to 2 caps after a week FXMed



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Supplements GI protocol to take after antibiotics until 1 week before retest

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	Before	After	Before	After	Before	After	
Thorne Berberine 500		2 caps				2 caps	<a href="https://www.vitality.co.uk/">vital.ly</a>
Panaxea Antibiotainicals		2 caps				2 caps	Alex will mail
98 alive		2 caps				2 caps	

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

NB: If you can't afford the supplements all at one time, just do the glutathione, SB Pro + colonic acid between the antibiotics and retest.