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## **TREATMENT PLAN**

### **Diet recommendations**

- More protein with every meal – see attached protein sheet; add 1 scoop protein powder to smoothies
- Rotate greens with green smoothies
- Chew chew chew – see how many chews you can get to with every mouthful; 50 is the scientific ideal but if you get to 15-20 you are doing a good job and helping your stomach acid.

### **Assessments**

- N/A

### **Lifestyle**

- Electrolytes when exercising – coconut water is a good option; food with protein within an hour after completing exercise.

### **Supplements**

COMPOUNDS	BREAKFAST		DINNER		BEDTIME
	Before	After	Before	After	
Glutathione cream					1ml on forearm – avoid with rash



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### Prescriptions

SUPPLEMENTS	BREAKFAST		DINNER		NOTES
	Before	After	Before	After	
Protein Complete		1 scoop with smoothie			
Inflaquell	2 caps			2 caps	
Curcumin		1 tsp			Skip every 4 <sup>th</sup> day
Progurt satchels		3 satchels a week with food			
Progurt pH caps OR Basica Activ		3 caps 1 scoop		3 caps 1 scoop	
Sun Fiber		1 scoop		1 scoop	
Magnesium Diasporale				1 satchel	
Zinc				2 caps	
GSH watermelon		1 tsp			
Enduracell		1-2 caps		1-2 caps	
MethylFortify		1 cap			
Niacinamide		1 cap			
Sublingual B12		1 lozenge in mouth			
Ribraxx		1 satchel		1 satchel	1 satchel also after lunch; 3 satchels a day needs to be maintained for 12 months