



**ALEXANDRA MIDDLETON**  
NATUROPATHIC NUTRITIONIST

**TREATMENT PLAN - Jan Benson-Sattout 7/6/22**

**Diet recommendations**

- Gluten free diet as much as possible - see attached sheet for suggestions
- 12 hour fasting on/off only; stick to count
- See protein sheet for protein quantities
- Nuut shakes - aim to have one every morning before 9am: <https://nuut.com.au/products/paleo>  
Discount code = ALEXM15.
- Fine Fish in Neutral Bay - amazing wild white fish
- 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.
- Designs For Health - replace Paleofibre with PHGG (guar gum)

**Assessments/referrals**

- Dr Yin Yin Teoh at Sydney Holistic dental Surgery - ph 02 9221 5800; talk to her about amalgam removal and SOMA for grinding/clenching
- Send Alex recent blood results
- Complete non-rebatable DHM bloods for mercury and iodine

**Other**

- Reproductive lifestyle sheet - try to implement as many changes as possible

**Supplements**

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Pure encapsulations Magnesium glycinate		3 caps				3 caps	
Interclinical Molyzinc						1 cap	
Thorne D3		1 cap					Do it 2x week
Mutaflor						See below	For constipation
Pure encapsulations Liposomal glutathione.						1-2 caps	
Pure encapsulations Ashwaganda		2 caps				2 caps	
RN Labs Folinic acid		2 caps					
Bodybio eLyte		2-3 capfuls					In water sip during day

First 2 days: 2 capsules 3 times daily; Day 3 onwards: 4 capsules daily; Take for max of 8 wks