



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Jan Benson-Sattout 7/9/22

Diet recommendations

- Nuut shakes - aim to have one every morning before 9am: <https://nuut.com.au/products/paleo>
Discount code = ALEXM15.
- Make sure to keep your water up to min 2L a day (herbal teas count as water)

Assessments/referrals

- Nutripath Pfeiffer profile kit - take with you to DHM; stop all supplements 2 days prior

Other

- Send Alex 1 week of diet diary for review
- Infrared saunas 2-3x week for at least 25min a go
- Dry Skin brushing: <https://www.healthline.com/health/dry-brushing>; buy from pharmacy

Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Biomedica GI restore		1 scoop				1 scoop	Guar gum
Pure encaps Mg glycinate		3 caps				3 caps	
Thorne Zinc Picolinate						2 caps	Replaces Molyzinc
Thorne D3		1 cap					Every second day
Thorne selenomethionase		1 cap					Pause w detox
Pure encaps Ashwaganda		2 caps				2 caps	
Biomedica Pure Liposome B12		1 dropper					
RN Labs B6		1 cap					
RN Labs Folinic acid		4 caps					
Bodybio eLyte		2-3 capfuls					

Mercury detox protocol (8 weeks - start early September)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
NPM MCP+		1 tsp				1 tsp	
Metagenics E500 tocopherols + selenium		1 capsule				1 capsule	
Pure encapsulations Liposomal Glutathione						2 caps	