

TREATMENT PLAN – JAN KENNINGS, 26/6/19

Diet recommendations:

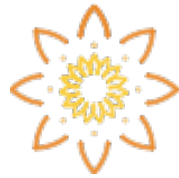
- Avoid inflammatory foods – **gluten, cow dairy**, limit coffee and alcohol.
- Continue to include resistant starch and polyphenol foods in your diet every day when possible.
- Good pasta brand – Olive green organics, quinoa/rice spaghetti
- Refer to candida diet sheet - avoid foods that have high effect eat substitutes
- Foods that reduce cholesterol - soaked oats, fatty fish (wild salmon, sardines, anchovies, etc), olive oil, walnuts, almonds, fibre generally, apples, legumes (beans especially).

Assessments

- Consider a cortisol salivary/thyroid profile and/ or a SIBO breath test (see sibotest.com - do the quiz and report back)

PRESCRIPTIONS

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Bioactive B		1 cap					
VegeNAC	1-2 caps						
Thorne Selenomethionase		1 cap					iHerb
Phytaxil		1-2 caps				1-2 caps	Finish bottle - for bacteria
Magnesium Diaporale						1 satchel in water	
Laxatone	1-2 caps				1-2 caps		
Progurt satchels		1 satchel					Three times a week
Thorne Zinc Picolinate						2 caps	iHerb



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NATUROPATHIC NUTRITIONIST

Sun Fiber		1 scoop				1 scoop	iHerb

To buy on iherb:

- <https://au.iherb.com/pr/Healthy-Origins-Natural-Healthy-Fiber-Clear-Mixing-7-9-oz-225-g/62076>
- Selenium from Iherb: <https://au.iherb.com/pr/Thorne-Research-Selenomethionine-60-Capsules/46040>
- Zinc from iHerb: <https://au.iherb.com/pr/Thorne-Research-Zinc-Picolinate-30-mg-60-Capsules/71893>