



TREATMENT PLAN – JAN KENNINGS, 13/3/19

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

PRESCRIPTIONS

On holiday

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Bioactive B		1 cap					
GIT Immunobiotic		1 tsp				1 tsp	Keep in fridge
Magnesium Citrate (when in stock or order Thorne ones below)		1 cap				1 cap	Start 1 cap a day and work your way up
Progut satchels		1 satchel					Only do this twice
Iberogast			20 drops before main meal				Once a day
BicoZn (zinc)						2 caps	
Sea Buckthorn (Alpha EFA)		1 cap				1 cap	Finish bottle not to be continued

When you are back for gut cleanse (4-6 weeks)

+61 410 503 376 | info@alexandramiddleton.com.au | alexandramiddleton.com.au

 alexandramiddletonnutrition  alexmnutrition



- Start on Bactrex 1 cap a day then slowly work your way up to 2 caps twice a day.
- When you have finished the Bactrex bottle, move on to the Berberine 500
- When you have finished the Berberine 500, do the last bactrex bottle again working your way up to the full dose.
- Take GIT Immunobiotic and Liposomal Glutathione during entire gut cleanse protocol (NB: I have chosen the glutathione over the other liver herbs as better delivery system for now).

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Bioactive B		1 cap					
Liposomal Glutathione						2 pumps	Hold under tongue 30sec before swallowing
Bactrex		1-2 caps				1-2 caps	
Berberine 500							
Magnesium Citrate (when in stock)		1 cap				1 cap	Start 1 cap a day and work your way up
Iberogast			20 drops before main meal				Once a day
Progut satchels		1 satchel					Three times a week
GIT Immunobiotic		1 tsp				1 tsp	Keep in fridge
Sun Fiber		1 scoop				1 scoop	
BicoZn (zinc)						2 caps	



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

Magnesium Citrate (when in stock)		1 cap				1 cap	Start 1 cap a day and work your way up
--------------------------------------	--	-------	--	--	--	-------	---

To buy on iherb:

- <https://au.iherb.com/pr/Healthy-Origins-Natural-Healthy-Fiber-Clear-Mixing-7-9-oz-225-g/62076>
- <https://au.iherb.com/pr/Thorne-Research-Berberine-500-60-Capsules/46113>
- <https://au.iherb.com/pr/Thorne-Research-Magnesium-Citrate-90-Capsules/18459>