



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - JENNIFER CASPARI 22/3/21

Diet recommendations

- Follow the amine free diet sheet attached
- Try to cut out coffee - replace with green or early grey tea, always organic - always after food (that includes protein).
- Check out Nuut website protein shakes: <https://nuut.com.au/collections/nuut-blends/products/nuut-paleo-blend> OR try and incorporate a vegan protein shake in throughout the day - if you have chronic illness you need to aim for 1.5 g of protein per kilo (2.2 pounds) of body weight
- Eat foods containing resistant starch daily. You may react to these but even a teaspoon of one a day would be beneficial. These foods will be used by your butyrate producing bacteria to produce more butyrate therefore will diversify and strengthen your microbiome and immune system. Resistant starch is found in cooked and cooled potatoes, rice, pasta (pref GF), legumes, cashews, soaked (not cooked) oats. Try to ensure you have at least one of these foods every day.
- 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.

Assessments/referrals

- Please complete Visual contrast test and report back results: <https://www.survivingmold.com/store1/online-screening-test>

Other

- Next session - to discuss overall blood work including hormone profile
- Start looking for a good family physician and holistic dentist



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SUPPLEMENTS

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
RN Labs Folinic Acid		4 caps					vital.ly
Biomedica Pure liposome B12		2 droppers					vital.ly
RN Labs Iodine/ Tyrosine	2 caps						vital.ly
Bioclinic Naturals Ubiquinol 300mg		2 caps					vital.ly
Metagenics Calcium DG						1 tsp	vital.ly
GIT Immunobiotic		1 tsp					vital.ly Replaces Glutamine
Pure Encapsulation Digestive enzymes with HLC							Amazon
Pure encapsulations Mag Glycinate		3 caps				3 caps	See below
Thorne Seleniomethionase						1 cap	See below
Pure encapsulations Liposomal Glutathione						2 caps	See below
Researched Nutritionals InflaQuell		3 caps				3 caps	See below
Researched Nutritionals Curucmin Pure		2 caps				2 caps	See below

<https://www.treatlyme.com/Researched-Nutritionals-Curcumin-Pure-p/rn-curcumin-pure.htm>

<https://www.treatlyme.com/InflaQuell-p/rn-iq.htm>

<https://www.amazon.com/Pure-Encapsulations-Magnesium-Glycinate-Physiological/dp/B0058HWV9S>

<https://www.amazon.com/Pure-Encapsulations-Glutathione-Antioxidants-Detoxification/dp/B00AWB17UO>

<https://www.iherb.com/pr/thorne-research-selenomethionine-60-veggie-caps/46040>