



**ALEXANDRA MIDDLETON**  
NATUROPATHIC NUTRITIONIST

**TREATMENT PLAN - Jenny Suniati 19/8/22**

**Diet recommendations**

- Coffee - limit to one a day, always after food, preferably organic when possible; if you get tired later in the morning, have green tea up to 3 cups (it is caffeinated but healthier); organic loose leaf is the best option
- Nuut shakes - aim to have one every morning instead of oats before 9am: <https://nuut.com.au/products/paleo> Discount code = ALEXM15.
- Feather & Bone organic butcher (Marrickville) for organic chicken liver
- Avoid broth (because of the vinegar, have stock instead)
- Avoid coconut milk, cream and chilli in curries

**Assessments/referrals**

- Nutripath Complete Microbiome Map - to complete at home
- Dr Sarah Choi <http://www.drsarahchoi.com.au>

**Other**

- Complete diet diary for one week and send to Alex; also send blood test results
- Check & swap your sanitary pads for organic option
- Swap your toothpaste for non-fluoridated brand (available at most pharmacies)
- Air Purifier: <https://www.ausclimate.com.au/products/winix-zero-4-stage-air-purifier>

**Supplements**

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Bioclinical Naturals Ubiquinol 300mg		2 caps					
Biomedica MagDuo		1 scoop				1 scoop	
RN Labs Iodine/tyrosine	2 caps						
RN Labs Curcutex		2 caps				2 caps	
Rn Labs Folinic Acid		2 caps				3 caps	
PHGG (guar gum)		2 scoops					Into shake

**\*\*\* Start after doing stool sample; stop magnesium 3 days before stool sample\*\*\***