



**ALEXANDRA MIDDLETON**  
NATUROPATHIC NUTRITIONIST

**TREATMENT PLAN - Jenny Suniati 26/7/22**

**Diet recommendations**

- Coffee - limit to one a day, always after food, preferably organic when possible
- Nuut shakes - aim to have one every morning instead of oats before 9am: <https://nuut.com.au/products/paleo> Discount code = ALEXM15.
- 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.
- Eat foods containing resistant starch daily. 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.

**Assessments/referrals**

- Nutripath Complete Microbiome Map - to complete at home; check if it is the same one as Jan recommend

**Other**

- Complete diet diary for one week and send to Alex
- Send Alex recent ultrasound report, most recent blood work + questionnaire (welcome email)
- 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\*\*\*



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