



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Jess Sobanski 2/8/22

Diet recommendations

- Go low amine - see attached sheet
- Salt everything - Murray river salt; test = tsp of salt in some warm water when you wake up
- Nuut shakes for breakfast - aim to have one every morning before 9am: <https://nuut.com.au/products/paleo> Discount code = ALEXM15.

Assessments/referrals

- Complete the ultrasound at Ultrasoundcare - ask the receptionist if Dr Lyn Townsend (Bondi) can write the report
- GP referral to see Dr Simon Benstock at double bay hospital to discuss occult blood in stool + moderately high calprotectin - take your Mmap + blood results with you.

Other

- App = iP - start tracking your period
- Continue diet diary

Supplements (day to day)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Biomedica Pure Liposome B12		2 droppers					Hold undertongue before swallowing
Ancient Minerals C + minerals salts		1 tsp					Start slow
Metagenics EnergyX		1-2 scoops					Start slow

GI Supplements (8 weeks)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Bodybio Butyrate		1/2 cap				1/2 cap	
Bodybio eLyte		2 capfuls					In water sip during day
Designs for Health GI Revive		1 tsp				1 tsp	Replaces GIT Immunobiotic
PHGG (guar gum)		2 scoops					

<https://au.iherb.com/pr/bodybio-sodium-butyrate-60-non-gmo-capsules/105885>

<https://au.iherb.com/pr/bodybio-e-lyte-16-fl-oz-473-ml/105886>