



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - DOM 22/4/2021

Diet recommendations:

- Avoid foods highest in oxalates - beans, coffee, tea, chocolate, spinach, beetroot, wheat, rhubarb, cranberries.
- Limit coffee; always have after food to protect the lining of your gut.
- 500ml celery juice with ginger AND Dandelion root tea every day - NB They also do Celery juice at the food court in Australia Square.
- Avoid fried foods.

Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
RN Labs Folinic acid		3 caps					
Biomedical Pure Liposome B12		2 droppers					
MG Neurocalm						2-3 tabs	When required
BergaMet Pro		1 cap				1 cap	
Thorne Zinc Picollinate						1 cap	
MG Fibroplex MagActive						3 tabs	
MG Digestex	1 tab				1 tab		When you eat
Bioclinic Naturals D/ K2						4 gel caps	
Bioclinic Naturals Ubiquinol 300mg		2 caps					
Pure Encapsulations Liposomal Glutathione						2 caps	
Bodybio PC						1 cap	
PHGG (guar gum)		1/2-1tsp					To replace Metamucil
Bodybio eLyte		1 capful				1 capful	In water