



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Jordana Thirlwall 9/3/2022

Diet recommendations

- Diet - Nuut shakes, amine free/GF/DF/ Alcohol free
- Break off coffee - in transition you can have a cup of black tea (pref early grey - Pukka) only after Nuut shake; slowly wean yourself off caffeine altogether when you feel you can
- Freely salt your foods with Murray river salt (available at most supermarkets)

Assessments/referrals

- Gastroenterologist - Dr Simon Benstock (Double Bay hospital)

Other

- Pain Management - pelvic floor Physio (Kelsey)
- Jane (acupuncture/herbs) - tell Jane about your adrenal results
- Epsom salt baths
- Essential oils for pain - rose 3%, clary sage, coriander seed, ylang ylang



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Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Ariya PHGG						1 tsp	
Biomedica liposome B12		2 droppers					vital.ly
Orthoplex Folinic acid		4 caps					vital.ly
Biomedica Thyrestore	2 caps				1 cap		Covers you for iodine, tyrosine, D, A, Zinc, Se
Bioclinical Natural Oestrosense		1 cap				1-2 caps	Start slow
Bioclinic Naturals Ubiquinol 300mg		1 cap					Double with low energy
D4H Trighanda		1 cap				1 cap	
R.Nutritionals Curcumin Pure						3 caps	
Pure encapsulations Magnesium glycinate		3 caps				3 caps	
Researched Nutritionals Inflaquell					4 caps		
Biomedica Histease		2 caps					Replaces Quercensa e
BodybioeLyte		2 capfuls					
Rn Labs Lysine		1 tsp					Put in nuut shake
98alive		1-2 caps		1-2 caps		1-2 caps	Post covid, one month
Pure Encapsulations Liposomal Glutathione gelcap						2 caps	

Take break from CDG while you trial Oestrosense

<https://www.98alive.co/product-page/immune-support-capsules>
(Stop 3 days before say sort of stool test)



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