



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Jordana Thirlwall 13/7/2021

Diet recommendations

- Follow Amines sheet as close as possible; continue with GF and Df and low alcohol
- Feather & Bone butcher: <https://featherandbone.com.au/>.
- Great protein shakes: <https://nuut.com.au/collections/nuut-blends> ; have one every morning before caffeine and before
- Eat foods containing resistant starch daily. You may react to these but even a teaspoon of one a day would be beneficial. 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.
- 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 a multitude of polyphenols daily. Polyphenols can be found in pomegranates, red-fleshed dragon fruit, cranberries (fresh not dried).
- Caffeine - always organic, always after food/ Nuut shake

Assessments/referrals

- Building biologists: Jeanette Williams @ Sydney Building Biologist ph 0403 644 056 OR Tatiana @ I am Home ph 0415 619 306

Other

- Talk to GP re low dose amitriptyline 10mg - excellent anti-pain/ anti-histamine; also ask for script of Voltaren suppositories (better than oral).
- Castor oil packs whenever possible for scar tissue from surgery
- Epsom salt baths
- Buy some pure essential oils (rose and/or clary sage) and rub on abdomen in base of organic jojoba oil.



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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
Rn Labs Iodine/Tyrosine	2 caps					2 caps	
RN labs calcium d glucorate						1 tsp	
Thorne Zinc Biglycinate 30mg						2 caps	
Bioclinic Naturals Ubiquinol 600mg		1 cap					
Pure Encapsulations Ashwaganda		1 cap				1 cap	Replaces Triganda
R.Nutritionals Curcumin Pure		2 caps				2 caps	
Pure encapsulations Magnesium glycinate		3 caps				3 caps	
Researched Nutritionals Inflaquell		2 caps			2 caps		
BodybioeLyte		1-2 capful					Put in water and sip during the day
Pure Encapsulations Liposomal Glutathione gelcap						1-2 gelcap	Replaces Trifortify Gel

Red = new