



**ALEXANDRA MIDDLETON**  
NATUROPATHIC NUTRITIONIST

**TREATMENT PLAN**

**DIET:**

- Avoid seafood except occasional white fish – in particular anything seaweed/kelp (including sushi); prawns, mussels, scallops.
- Increase brassica vegetables as much as possible as discussed
- Eat soy foods daily (just no bonsoy)
- 100% Gluten free, caffeine free and cow dairy free

**PRESCRIPTIONS:**

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Ultrabiotic 400		1 satchel every 3 days				1 cap	Need to refrigerate
Magnesium diasporale						1 satchel	2 <sup>nd</sup> satchel in morning if no loose stool
Niacinamide		1 cap					
Folinic Acid		3 caps					
Sublingual B12		1 chewable					
Bacto-candi		1 cap					Every second day; Finish bottle then stop
Zinc picollinate						2 caps	
Quercetin		1 cap				1 cap	iHerb
Sun Fiber		1 scoop				1 scoop	iHerb
CoQ10		1 cap					



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C Max							1 tsp in bottle of water to be sipped on during the day
MedicineTree Adrenostress spray		4 sprays				4 sprays	Under tongue twice a day (doesn't matter when)

COMPOUNDS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Dermal GSH						1ml/ wrist before bed	
Magnesium (magnesium gel)		2 pumps				2 pumps	Wrists and behind knees