



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

### TREATMENT PLAN – Paula Monteiro 25/9/2020

#### DIET:

- 100% Gluten free, dairy free, caffeine free, refined sugar - see how you feel off amines.
- For now avoid beer and anything do with barley - can stimulate prolactin and make your boobs bigger.
- Collagen: <https://thankfullynourished.com.au/products/thankfully-nourished-marine-collagen-100g>
- Nuut protein satchels - do at least one a day preferably first in the morning (daily balance OR paleo): <https://nuut.com.au/collections/nuut-blends/products/nuut-paleo-blend>

#### ASSESSMENTS:

- N/A

#### OTHER:

- Laser skin clinic for skin needling/ skin peels - don't let them do laser: <https://clearskincareclinics.com.au/>
- Ask them about a topical retinol formula for the pigmentation.
- Always wear a cap and SPF50+ in the sun



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**PRESCRIPTIONS**

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Spectrumceuticals D-Lactate free probiotics		2 caps					
Bioconcepts Hydrozyme		1 tab				1 tab	
Pure Encapsulations Mag Glycinate		3 caps				3 caps	
Pure encapsulations Ashwaganda		1 cap					
Pure encapsulations Vitamin A		1 gel cap					
RN Labs Niacinamide		1 cap					
RN Labs Folinic Acid		3 caps					
Biomedica Pure Liposome B12		2 droppers					Replacing RN labs lozenges
Mediherb Ubiquinol 300mg		1 cap					
Bodybio Phosphatidylcholine						1 cap	
Research Nutritionals Curcumin Pure		2 caps				2 caps	
Pure Encapsulations Lipsomal Glutathione		1 cap				2 caps	FXMed; 2 week wait
Researched Nutritionals Inflaquell	3 caps				3 caps		FX Med; For cyst
Metagenics P Lift		1 tab					Replaces Estrosense