



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

### TREATMENT PLAN – KAT JACOB 4/3/2020

#### DIET:

- 100% Gluten free, dairy free, caffeine free, refined sugar - see how you feel off amines.
- Watch your water intake - 2L a day is perfect.
- Lemonbalm, chamomile and dandelion root teas are helpful for hyperthyroid presentations.
- 1 tablespoon of marine collagen a day (in water/food/smoothie etc): <https://ancientandwild.com.au/products/marine-collagen-youth-elixir>
- Make sure you are eating enough protein - see sheet

#### ASSESSMENTS:

- N/A

#### REFERRALS:

- N/A

#### OTHER:

- Mouth taping benefits: <https://lifespaspa.com/mouth-tape-20-reasons-nose-breathe-sleep/>. Make sure you ask for some hypoallergenic tape at the pharmacy. Try it and see.
- Use an essential oil to mix in with jojoba and glutathione cream... lavender/rose/geranium would be good before bed:

<https://www.planethealth.com.au/collections/absolute-essential/Essential-oil>

<https://www.planethealth.com.au/collections/absolute-essential/products/ae-jojoba-oil-golden-50ml>

- Consider buying a cast iron fry pan that will increase your iron status



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**PRESCRIPTIONS**

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Bioceuticals Ultrabiotic 45		1 cap					
Bioconcepts Hydrozyme		12-1 tab				1/2-1 tab	For absorption
Biopractica Magnesium Diasporale						1 satchel	
Biopractica Basica Vital Pure (minerals)		1 satchel					
RN Labs Niacinamide		1 cap					
RN Labs Folinic Acid		4 caps					
RN Labs Sublingual B12		2 chewable					
RN Labs Zinc picollinate						2 caps/scoops	Change to powder when ready
MTHFR support Guar Gum (PHGG)		1 tsp					
Mediherb CoQ10 300mg		1 cap					
Thorne Berberine 500		1 cap		1 cap			8 week course only
Thorne Selenomethionine		1 cap					iHerb
Thorne Phosphatidylcholine		1 cap					Can increase to another cap at lunch if it doesn't interfere w/ sleep



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Biomedica Curcuforte		1 cap				1 cap	
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<https://au.iherb.com/pr/thorne-research-meriva-sf-curcumin-phytosome-120-capsules/68449>

<https://au.iherb.com/pr/Thorne-Research-Iso-Phos-Phosphatidylserine-60-Capsules/18521>

**TRANSDERMALS**

COMPOUNDS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Glutathione cream						1ml/ weirst	Use a drop of an organic essential oil and jojoba oil to mix with it to reduce scent; lavender is good before bed