



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN – KAT JACOB 21/5/19

DIET:

- Avoid iodine rich foods – see attached nutrient sheet.
- Increase brassica vegetables as much as possible – broccoli, cabbage, cauliflower, kale, Brussel sprouts etc.
- Eat soy foods daily (just no bonsoy)
- 100% Gluten free, caffeine free, refined sugar and cow dairy free
- Low GI eating principles - see sheet.
- Watch your water intake - 2L a day is perfect.
- Lemonbalm, chamomile and dandelion root teas are helpful for hyperthyroid presentations.

ASSESSMENTS:

- Blood test repeat - referral from Claudia (she will have a copy of Dr Sawajs letter); take GP referral with you.
- Adrian Lim - cosmetic dermatologist at Clinic in the Sydney CBD; get referral from Claudia when you see her.
- Rose gold mask
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REFERRALS:

- Take GP referral letter to Claudia for blood work requests; take DHM non rebatable form with you for morning (fasting) tests at DHM.

OTHER:

- Wrinkle Schminkles: <https://www.wrinklesschminkles.com>
- Mouth taping benefits: <https://lifepa.com/mouth-tape-20-reasons-nose-breathe-sleep/>. Make sure you ask for some hypoallergenic tape at the pharmacy. Try it and see.



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PRESCRIPTIONS:

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
SB pro		2 caps				2 caps	
Pure Encapsulations Magnesium Glycinate		3 caps				3 caps	FX Med
Niacinamide		1 cap					
Folinic Acid		4 caps					
Sublingual B12		1 chewable					
Zinc picollinate						2 caps	FX Med
Sun Fiber		1 scoop					iHerb or vital.ly
CoQ10		1 cap		1 cap			
Berberine 500		1 cap		1 cap			FX Med
Thorne Selenomethionine		1 cap					Fx Med
Liposomal C		1 tsp					

TRANSDERMALS:

COMPOUNDS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Dermal GSH						1ml/ wrist before bed	

ACUTE SUPPORT FOR COLD/FLU:



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COMPOUNDS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Microbinate		2 caps				2 caps	
Betamax		1tsp				1tsp	
Ultrabiotoic 45		2 caps				2 caps	