



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN – KAT JACOB 16/9/2020

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:

- For GP: Iron panel, ESR, CRP, FBG, Biochemistry, LFT, TSH, T3, T4, urine iodine
- Hormones: prolactin, FSH, LH, progesterone, E2, ACTH

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		1/2 tab				1/2 tab	
Pure Encapsulations Mag Glycinate		3 caps				4 caps	
Pure encapsulations Ashwaganda		1 cap					
Pure encapsulations Vitamin A		1 gel cap					
RN Labs Niacinamide		1 cap					
RN Labs Folinic Acid		3 caps					
RN Labs Sublingual B12		1 chewable					
Mediherb CoQ10 300mg		1 cap					
Bodybio Phosphatidylcholine						1 cap	
Research Nutritionals Curcumin Pure		1 cap				1 cap	Skip every 4th day
Estrosense		1-2 caps				1-2 caps	Start with 1 cap before bed, see how you feel; increase by 1 cap every week.

<https://au.iherb.com/pr/Natural-Factors-WomenSense-EstroSense-Hormone-Balancing-120-Vegetarian-Capsules/16257>