



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN – Kat Jacob 27/6/22

Diet

- Ideal diet for you is low Amine , DF and. Strictly GF
- Take it easy on the eggs
- Collagen: <https://thankfullynourished.com.au/products/thankfully-nourished-marine-collagen-100g>
- Nuut protein satchels daily.

Assessments

- Nutripath - salivary hormone panels (see email)
- Monitor BP daily - buy kit from pharmacy; you don't want it to drop to below 100/70

Prescriptions

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Metagenics Neurocalm Soothe		1 cap				1 cap	Replaces neurocalm
Metagenics L- Carnitine		1 scoop					
Researched nutritional Infla Quell	3 caps				3 caps		Ideally away from food
Bioconcepts Hydrozyme							Only when needed
Pure Encapsulations Mag Glycinate		3 caps				3 caps	
Bodybio eLyte		1 cap				1 cap	
RN Labs Niacinamide		1 cap					
RN Labs Folinic Acid		4 caps					
Rn Labs B12 lozenges		2 chewable					Replacing RN labs lozenges
Bioclinic Naturals Ubiquinol 300mg		2 caps					
Biomedica Thyrestore		2 caps				1 cap	Replaces zinc and Selenium
Thorne Selenomethionase		1 cap					Finish up
Research Nutritionals Curcumin Pure		2 caps				2 caps	
Pure Encapsulations liposomal glutathione						1 cap	
Bioclinical Naturals Vit D K2						4 gelcaps	Until end of spring

<https://au.iherb.com/pr/natural-factors-womensense-estrosense-hormone-balancing-120-vegetarian-capsules/16257>



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Anti-viral protocol (when sick OR when you feel like you're brewing something)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
98 alive nebuliser and respiratory oil 10mls		10min		10min		10min	Breathe thru the nose
98alive caps		2 caps		2 caps		2 caps	+ another 2 caps if you can tolerate
Panaxea AV/AT		2 caps		2 caps		2 caps	
Thorne Vitamin D3 5000IU						1 cap	FX Med
Pure Encapsulations Liposomal Glutathione		2 caps				2 caps	FX Med
Biomedica Liposomal C		1 tsp				1 tsp	

Other

<https://www.ausclimate.com.au/products/winix-zero-4-stage-air-purifier>