



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN – Kat Jacob 7/6/21

Diet

- Ideal diet for you is low Amine , DF and. Strictly GF
- Eat eggs 2x a week - always organic, buy large eggs
- Collagen: <https://thankfullynourished.com.au/products/thankfully-nourished-marine-collagen-100g>
- Nuut protein satchels daily.

Assessments

- If your symptoms don't shift we should consider a mycotoxin panel to get an accurate reading on if you are still suffering from mould (mycotoxin) exposure: <https://rnlabs.com.au/functional-tests/gpl-mycotox/>

Prescriptions

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Metagenics Ultra Flora LGG Forte		1 cap					New probiotic
Yaeyama Pacfica Chlorella powder		1 flat tsp				1 flat tsp	In liquid (taste not great)
Bioconcepts Hydrozyme		1 tab				1 tab	
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					
Thorne Selenomethionase		1 cap					
Thorne Zinc Picollinate 25mg						2 caps	
Research Nutritionals Curcumin Pure		2 caps				2 caps	
Biomedica VegeNAC	2-4 caps						
Bioclinic Naturals Vit D K2						4 gelcaps	Until end of spring
Lymphodran Plus		2 tabs				1 tab	

*** Take a break from the Iron and see how you feel***



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Other

- Deodorant - Toms of Maine natural deodorant - online or at Priceline or on iHerb
- Skin:
 - <https://www.skinmatrix.com.au/brands/cosmedix>
 - <https://www.maylindstrom.com>
 - <https://www.ewg.org/skindeep/>
- Dry clean all of your bedding.
- Throw out your pillows.
- Examine mattress for signs of mould (from old place) - musty/pungent smell, water stains, multi-coloured stains, brown stains, black spots, could also potentially feel unusually cold/damp.
- Infrared saunas whenever you can.
- Salt baths three times a week min (as often as possible) for detox:
1/2 cup dead sea salt. 1/2 cup epsom salt to start (this brand only)
<https://www.goodness.com.au/premium-dead-sea-salt-coarse-1kg/>
<https://www.goodness.com.au/natural-epsom-salts-1kg/>
- Things that can trigger thyroid antibodies:
 - Leaky gut, food allergies, NSADIS, cortisone, gut bacteria imbalance, poor digestion
 - Food additives, pesticides, hair dyes, herbicides, chlorinated pools
 - General chemical overload
 - Stress, inadequate rest and relaxation
 - Chronic low grade infections