



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN – Kat Jacob 12/5/21

Diet

- Diet needs to be high protein, savoury vs sweet and lower on the carb; Continue GF DF
- Eat eggs 2x a week - always organic, buy large eggs
- Aim for 1.5g of protein per kilo of body weight a day
- 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

- New blood work with Dr Emma Scoot @ Cremorne

Other

- Epsom salt baths as often as possible
- Almond cow: <https://almondcow.co/products/almond-cow-milk-machine-220v?international>
- DUTCH test later for hormones: <https://dutchtest.com/info-dutch-complete/>

Prescriptions

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Spectrumceuticals D-Lactate free probiotics		2 caps					
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		3 chewable					Replacing RN labs lozenges
Mediherb 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 Chewable iron						1 chewable	Away from coffee/tea
Researched Nutritionals Infla Quell						3 caps	
Lymphodran Plus		2 tabs				2 tabs	