



**ALEXANDRA MIDDLETON**  
NATUROPATHIC NUTRITIONIST

**TREATMENT PLAN - Kate Southorn 15/9/22**

**Diet recommendations**

- Amines - follow as closely as possible for symptom relief; DF + GF sheets for info
- Salt your food - Murray River pink salt
- Please [head to this Dropbox link](#) for endo friendly recipe ideas
- Nuut shakes - aim to have one every morning before 9am: <https://nuut.com.au/products/paleo> Discount code = ALEXM15.
- Try to eat different legumes every day. If you react try to do a tsp a day of a legume of choice. This helps build the good gut bacteria. E.g. black turtle beans, adzuki beans, red lentils. Fresh is always best, but organic canned ones can also work if needed (just always rinse). Instead of soups make bean and vegetable dishes for lunch or dinner when possible.

**Assessments/referrals**

- Nutripath Vaginal Microbiome Profile - complete at home (when you can afford it)
- GP referral letter attached to take to GP for tests on day 2 and 21 of your cycle

**Other**

- Send Alex most all results, recent stool tests , endo surgical report + diet diary
- Ask GP for Volaren suppository to use around period time for pain; try it on one of your lesser pain days

**Supplements**

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Pure encapsulations Mg Glycinate		3 caps				3 caps	
Bioclinical Naturals Ubiquinol 300mg		2 caps					
Biomedica NAC	2 spoons		1-2 spoons				
Pure encapsulations Lipsomal glutathione						1 cap	When NAC runs out take this
PHGG (guar gum)		2 tsp					In shake
Researched Nutritional Curcumin Pure		2 caps				2 caps	
RN Labs iodine/tyrosine	2 caps						
Pure encapsulations Mg Glycinate		3 caps				3 caps	

**Take a break** - Vitamin D, Zinc drink,

**\*\* Stop all of your supplements 2 days before blood tests\*\*\***