



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

### TREATMENT PLAN - Kat Lo 23/9/22

#### Diet recommendations

- Caffeine - green/black organic teas better than coffee; always want something in your stomach before drinking it
- 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

- Take GP letter to family physician for retest of bloods, ureaplasma and BV
- GI Microbiome profile - Alex will organise kit for you from [here](#)

#### Other

- Start on Bacterial Vaginosis protocol - see attached sheet and start
- Log blood results on spreadsheet - Alex to send template
- Send Alex food diary when ready
- Find a holistic dentist for assessment of dead tooth and root canal (cone beam x-ray)

#### Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Pure encapsulations Glutathione						1 cap	Pure formulas
Pure encapsulations Magnesium Glycinate							Pure formulas
Thorne Meriva		1 cap				1 cap	iHerb
BodyBio eLyte		2-3 capsfuls					In water during day, iHerb
Thorne D3 5000IU		1 cap					iHerb
Biomedica Thyrestore		2 caps				1 cap	<a href="https://www.vital.ly">vital.ly</a>
RN Labs Folinic Acid		3 caps					<a href="https://www.vital.ly">vital.ly</a>
Bioclinical Natural Ubiquinol 300mg		2 caps					<a href="https://www.vital.ly">vital.ly</a>

<https://au.iherb.com/pr/thorne-research-d-5-000-60-capsules/18451>

<https://au.iherb.com/pr/bodybio-e-lyte-16-fl-oz-473-ml/105886>

<https://au.iherb.com/pr/thorne-research-meriva-500-sf-120-capsules/68448>

<https://www.pureformulas.com/liposomal-glutathione-30-softgel-capsules-by-pure-encapsulations.html>

<https://www.pureformulas.com/magnesium-glycinate-90-vegetable-capsules-by-pure-encapsulations.html>