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HOMEWORK

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- ① Qi Gong → 20min following video after waking Bel mon/wed/fri + weekends; yoga on other days.
- ② Prokin → 1 cap on empty stomach each morning, keep by the bed to remember.
- ③ Continue with Energy X + probiotics.
- ④ Dips → hummus, tahini with cracker or veggie sticks
- ⑤ Warming foods + veges → steamed, baked. veges; soups; spices like turmeric, nutmeg, cinnamon, fresh ginger, fennel, rosemary, cardamom; water always warm.
- ⑥ Grounding vegetables baked are excellent to gen.
- ⑦ Adrenoshers → 4 sprays under tongue 3x/daily
- ⑧ Cardo IM → hold onto for candida cleanse don't take it yet.
- ⑨ Hot tea w lemon, cayenne pepper, turmeric, fresh ginger, chill, tulsi.
- ⑩ Green is good! (for this purpose lettuces are excluded)