



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Kim O'Brien 12/9/22

Diet recommendations

- Nuut shakes when you can
- 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).

Assessments/referrals

- Dr Simon Benstock - take Microbiome map results with you ph 02 9398 0200 book at Double Bay Hospital
- Nutripath - PCR retest for parasites at 8 weeks post antibiotics

Other

- Pause all supplements + alcohol during antibiotics

Supplements (day to day)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Movocol/ nulax						As directed	
PHGG (guar gum)		1 dessert spoon					
Biopractica Diasporale					2 satchel		
Bodybio eLyte		2-3 capfuls in water a day					FxMed
Pure Encapsulations Glutathione						1 cap	FxMed
Pure encapsulations Ashwaganda		2 caps					FxMed
D4H GI revive		1 tsp				1 tsp	
Biomedica SB Pro		1 cap				1 cap	
Valasta						As directed	

Supplements (post antibiotics 8 weeks then review)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
98alive		2 caps				2 cap	First 4 weeks
Thorne Berberine 500		1 cap				1 cap	Second 4 weeks after 9alive; FXmed