



**ALEXANDRA MIDDLETON**  
NATUROPATHIC NUTRITIONIST

**TREATMENT PLAN - Kim O'Brien 31/5/22**

**Diet recommendations**

- Continue with diet that suits.
- 1 x Nuut shake per day, pref before 10am.
- Eat foods containing resistant starch daily. You may react to these but even a teaspoon of one a day would be beneficial. These foods will be used by your butyrate producing bacteria to produce more butyrate therefore will diversify and strengthen your microbiome and immune system. Resistant starch is found in cooked and cooled potatoes, rice, pasta (GF), legumes, cashews, soaked (not cooked) oats. Try to ensure you have at least one of these foods every day.
- 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. Eat foods containing a multitude of polyphenols daily. Polyphenols can be found in pomegranates, red-fleshed dragon fruit, cranberries (fresh not dried), red and black rice and quinoa, any type of berry. Eat a mix of these foods daily.

**Supplements**

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Pure Encap Liposomal Glutathione caps						2-3 caps	
Pure Encap Ashwaganda		1 cap				1 cap	
Pure Encap Mg Glycinate		3 caps				3 caps	
Researched Nutritional Curucmin Pure		2 caps				2 caps	
BodyBio eLyte		1 cap				1 cap	Sip in water during day
Bioceoncepts Hydrozyme		1/2-1tab				1/2-1 tab	
RN Labs Folinic acid		3 caps					
Biomedica GI-restore						1 tsp	

**NB: Start one supplement at a time to make sure you don't react to anything**