



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Michael Bamforth 24/6/22

Diet recommendations

- Lunch and dinner - half your plate to be colourful (x3) vegetables
- When anxious - avoid all caffeine, drink a lot of chamomile tea (calming), go fishing/walking
- Fish - avoid tuna/eel/shark/farmed salmon loaded in metals that can affect fertility
- Dark chocolate before 4pm - otherwise blocks restorative sleep
- Nuut shakes - aim to have one every morning before 9am: <https://nuut.com.au/products/paleo>
Discount code = ALEXM15.
- 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.

Assessments/referrals

- GP - blood work + Simon Benstock referral
- Nutripath Pfeiffer profile - take kit with you when you go for the blood test
- Retest PCR stool 8 weeks after finishing antibiotics
- Dr Simon Benstock for antibiotics

Other

- Flossing every day
- No supplements and alcohol during antibiotics - start all after antibiotics

Supplements day to day (stop during antibiotics, and 3 days before bloods and stool retest)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Bioclinical naturals ubiquinol 300mg		2 caps					
Pure Encapsulations Liposomal Glutathione						1-2 caps	

Supplements for GI protocol (between finishing antibiotics and stop 1 week before retest)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Panaxea AntibioBotanicals		2 caps				2 caps	
Thorne Berberine 500		2 caps				2 caps	
98 alive		2 caps				2 caps	

<https://www.98alive.co/product-page/98alive-immune-support-capsules-1>