



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Lauren Newman 27/3/19

Diet recommendations:

- Continue with amine free, DF, GF
- Eat foods containing resistant starch daily. 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 (pref GF), legumes, cashews, soaked (not cooked) oats. Try to ensure you have at least one of these foods every day.
- 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 and red grapes. Eat a mix of these foods daily.
- Consume a high fibre plant rich diet generally – aim to eat legumes 4x/week. E.g. black turtle beans, adzuki beans, red lentils. Fresh is always best, but organic canned ones can also work if needed (always thoroughly rinse).

Assessments:

- GP referral letter - take to GP for request; let me know what s/he doesn't order. Make sure you go on day 4 and 21 of your cycle - very important for accurate reading.



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PRESCRIPTIONS

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Folinic Acid		3-4 cap					
Niacinamide B3		1 cap					
Active B6		1 cap					
Basica Activ		1 scoop					
Zinc Picolinate						2 tiny scoops (equiv 50mg)	
Quercenase		1 cap		1 cap			
Magnesium diasporale						1 satchel	Ideal is when finished switch to mag citrate caps by RS 1-2caps 2x/daily
CDG		1 tsp					Up by 1tsp with PMS
Sun Fiber		1 scoop					

NB: Finish the Drs Best curcumin for now; finish Molyzinc

COMPOUNDS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Glutathione						1 ml on wrists before bed	