



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Lauren Brodie 3/5/19

DIET:

- Continue with amine free, DF, GF
- Avoid caffeine, refined sugars, fried foods and refined carbs and follow low GI diet when you can.

PRESCRIPTIONS

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Folinic Acid		2caps					
Niacinamide B3		1 cap					
Thorne Berberine 500		1-2 cap				1-2 cap	For one month only; go to higher dose slowly in second week
Thorne Iodine/Tyrosine		1 cap					
Zinc Picolinate						2 tiny scoops (equiv 50mg)	
Quercenase		1 cap		1 cap			
Magnesium diasporeale						1 satchel	Ideal is when finished switch to mag citrate caps by RS 1-2caps 2x/daily



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CDG		1 tsp					Try and just do this in second half of cycle and see what diff is made
Sun Fiber		1 scoop					
Bioheme						1 cap	

<https://au.iherb.com/pr/thorne-research-iodine-tyrosine-60-capsules/18473>

<https://au.iherb.com/pr/Thorne-Research-Berberine-500-60-Capsules/46113>

COMPOUNDS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Glutathione						1 ml on wrists before bed	When finished switch to VegeNA C 2 caps every morning empty stomach