



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 diaspore | | | | | | 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 | | | | | |

<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 |