



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Lauren Newman 18/9/19

DIET:

- Continue with amine free, DF, GF
- Avoid caffeine, refined sugars, fried foods and refined carbs and follow low GI diet when you can.
- Eat low GI Carbs
- Keep up fish and lamb.
- Sea/rock salt - always local, 1-2 tsp a day (you have to play with it, start low; in warm water is best)
- Experiment with mouth taping at night - get hypoallergenic tape from pharmacist.

PRESCRIPTIONS

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Folinic Acid		2caps					
Niacinamide B3		1 cap					
Sublingual B12		2 lozenges					
RN Labs Inositol		2g (small scoop)					
Thorne Iodine/ Tyrosine		2 caps					FX Med
Thorne Zinc Picolinate						2 caps	FX Med
Thorne Phosphatylcholine		1 cap					FX Med
Magnesium glycinate		3 caps				3 caps	FX Med



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CDG						1 tsp	
Vitex						1/2 tab	
Sun Fiber (guar gum)		1 scoop					
NAC	2 scoops						Plain flavour please