



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Lauren Newman 24/2/20

DIET:

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

REFERRALS:

- Dr Soji Swaraj - to discuss consistently high androgens and symptoms (inability to lose weight/ skin/ fatigue etc).

PRESCRIPTIONS

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
RN Labs Folinic Acid		4 caps					
RN Labs Niacinamide B3		1 cap					
Sublingual B12		2 lozenges					
Basica Pure						1 satchel	
Hydrozyme	1 tab				1 tab		
RN Labs Iodine/ Tyrosine	2 caps						



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RN Labs Zinc Picolinate						2 scoops	
Thorne Phosphatylcholine		1 cap					FX Med or iHerb
Mixed Mag Forte		1 scoop				1 scoop	
CDG						1 tsp	
T Clear		2 tabs				2 tabs	
Sun Fiber (guar gum)		1 scoop					
Mediherb Chaste Tree	1 tab						
Liposomal Glutathione/ NAC	1 tsp				1 tsp		Replace Biomedica NAC when finished with this; start at 1 tsp and work your way up