



**ALEXANDRA MIDDLETON**  
NATUROPATHIC NUTRITIONIST

**TREATMENT PLAN - Lauren Newman 8/7/21**

**DIET**

- Continue with amine, DF, GF free; super important for thyroid health to eat organic
- Continue 1 x Nuut per day
- Non-animal iron sources - tahini, black strap molasses 1tsp, spirulina; see attached sheet for more ideas.
- Drink organic chicken broth (Good Bones has a good one) as often as possible
- Drink black dandelion root tea (Bonvit) and Tulsi tea by Pukka
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**REFERRALS**

- N/A for now

**OTHER**

- Flossing every night; read up on oil pulling with black sesame oil;
- Check out Compass clinic for CBD prescription - you will need GP referral.

**PRESCRIPTIONS**

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
RN Labs/ Orthoplex Folinic Acid		4 caps					
RN Labs Niacinamide B3		1 cap					
Biomedica Pure Liposome B12		2 droppers					
Researched Nutritionals Curucmin Pure		2 caps				2 caps	FXMed
Bioclinic Naturals D3/K2						4 gel caps	
Biomedica ThyRestore	1 cap				1 cap		After you finish up iodine/tyrosine
Pure Encapsulations Magnesium Glycinate		3 caps				3 caps	FXMed
Bodybio eLyte		1 cap				1 cap	Put in water for day and sip; FXMed
Thorne Melaton-3						1-2 caps	
Pure Encapsulations Liposomal Glutathione						1- 2 caps	FXMed
Rn labs Zinc Picolinate						1 scoop	
Prometrium						100-200mg	