



**ALEXANDRA MIDDLETON**  
NATUROPATHIC NUTRITIONIST

**TREATMENT PLAN - Lauren Newman 4/6/2020**

**DIET**

- Continue with amine, DF, GF free
- Continue 1 x Nuut per day

**REFERRALS**

- Update on blood tests - see GP letter

**OTHER**

- Flossing every night; read up on oil pulling with black sesame oil; read up on attached sheet on SOMA plate. If you want to go and talk to someone about it see Dr Yin Yin Teoh @ Sydney holistic dental centre on Elizabeth St, Sydney.
- 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 Folinic Acid		4 caps					
RN Labs Niacinamide B3		1 cap					
Biomedica Pure Liposome B12		2 droppers					
RN Labs Iodine Tyrosine	2 caps						
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 Caps						2 caps	FXMed
Rn labs Zinc Picolinate						2 scoops	
Prometrium						100-200mg	

NB: \*\*\* TAKE A BREAK FROM THE CDG FOR NOW\*\*\*