



**ALEXANDRA MIDDLETON**  
NATUROPATHIC NUTRITIONIST

**TREATMENT PLAN - Lauren Newman 2/3/2020**

**DIET:**

- Continue with amine, DF, GF free
- Avoid caffeine, refined sugars, fried foods and refined carbs and follow low GI diet when you can; fruit 1-2x a day and eat it alone.
- 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:**

- Blood tests for Soji

**OTHER:**

- If you want to take the metformin you can try it but you need to try it for a month minimum AND you need to take it away from the B12 in the morning.
- Exercise as per Soji's advice.

**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	



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Hydrozyme	1 tab				1 tab		
RN Labs Iodine/ Tyrosine	2 caps						
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					
Thorne Berberine 500		1 cap				1 cap	FX Med
Bioconcepts Metibol Xcell		1 tab					Not in stock til 11 March
Liposomal Glutathione/ NAC	1 tsp				1 tsp		Replace Biomedica NAC when finished with this; start at 1tsp and work your way up