



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

### TREATMENT PLAN - 23/8/21 Madi Gillespie

#### Diet recommendations

- Refer to amines sheet - follow as closely as possible optimal diet for pain, fatigue, clenching; continue to avoid gluten, cow dairy and alcohol.
- Have a Nuut protein shake in the morning with some non-dairy milk and water (shake and drink): <https://nuut.com.au/>; add bee pollen and/or PHGG into shake.
- Eat foods containing resistant starch daily. These foods will be used by your butyrate producing bacteria to produce more butyrate therefore will diversify and strengthen your microbiome and immune system. Resistant starch is found in cooked and cooled potatoes, rice, pasta (pref GF), legumes, cashews, soaked (not cooked) oats. Try to ensure you have at least one of these foods every day.
- Drinking tulsi tea during day for energy
- Continue with JS Vitality X + collagen daily

#### Assessments/referrals

- Next session - to discuss this test: <https://invivohealthcare.com/products/diagnostics/vaginal-ecologix/>

#### Other

- Prometrium orally from ovulation to 1 week before period, then do prometrium vaginally every night stop a few days before estimated period due.
- Castor oil packs/ heat packs for ovulation/period pain - ideal is black organic castor oil
- Jane Lyttleton at paddington medical centre - take to her about herbs and acupuncture.



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## Supplements (day to day)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
PHGG		1 tsp					
Metagenics Calcium D Glucorate						1 tsp	Take it in the second half of your cycle
Biomedica Pure liposomal B12		1 dropper					
RNLabs Folinic acid		3 caps					Stop 2 day before bloods
RN Labs iodine/tyrosine	2 caps						
Bioclinic Naturals Ubiquinol 300mg		1 cap					
Bodybio eLyte		2 caps					In water sip thru day
Panaxea AntiBioBOTanicals		1 cap				1 cap	1 month only
Biomedica Rhodiola	1 cap				1 cap		Replaces ashwaganda when finished; start at 1 cap and see how you feel
Pure Encapsulations Mg Glycinate		2 caps				2 caps	FX Med
Thorne research Zinc Picolinate 25mg						2 caps	FX Med
Researched Nutritionals Inlaquell		2 caps				2 caps	FX Med
Researched Nutritionals Curucmin Pure		2 caps				2 caps	FX Med
Researched Nutritionals Trifortify Glutathione gel						2 tsps	Let Alex know when near finished to swap brands

Finish up GIT Immunobiotic



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**Immune support**

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Progurt		1 satchel					
Bioclinic Naturals D3/K2						4 gelcap	
Biomedica C Max		1 tsp				1 tsp	
Heel detox kit		30 drops of each of the three bottles					Sip in water during day