



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

### TREATMENT PLAN - 8/4/21 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/>
- 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.

#### Assessments/referrals:

- GP referral attached - take to GP, then take his request to a Douglass Hanly lab on day 2 and 22 of your cycle.
- Complete VC test here: <https://www.survivingmold.com/diagnosis/visual-contrast-sensitivity-vcs>
- Complete Microbiome map stool sample - kit posted to you; stop all supplements a few days prior.
- Compass Clinic for CBD prescription in Baulkham Hills - you will need GP referral
- Engage Jeanette Williams from Building Biology Sydney to get advice on how to offset the damp - tell her you would like a run thru your apartment vs a full report.

#### Other

- Avoid Botox and all injectables
- Consider cranial sacral therapy
- Send Alex your diet diary of one week when you can.
- Sydney Holistic Dental Surgery on Elizabeth St Sydney - Dr Yin Yin Teoh for a SOMA plate assessment
- Good surgeon: <http://www.drSarahchoi.com.au>



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**SUPPLEMENTS**

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Metagenics Calcium D Glucorate						1 tsp	
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
Pure Encapsulations Ashwaganda	1 cap						FX Med
Pure Encapsulations Mg Glycinate						3 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						1 tsp	FX Med

\*\*\*Also order Thorne Berberine 500 to take later on after gut test; Continue with CBD/PEa until you see the Compass Clinic; \*\*\*