



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - 5/5/21 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.

Assessments/referrals

- Compass Clinic for CBD prescription in Baulkham Hills - you will need GP referral

Other

- Castor oil packs/ heat packs for ovulation/period pain - ideal is black organic castor oil
- Sydney Holistic Dental Surgery on Elizabeth St Sydney - Dr Yin Yin Teoh for a SOMA plate assessment
- Good surgeon: <http://www.drsarahchoi.com.au>
- Jane Lyttleton at paddington medical centre - take to her about herbs and acupuncture
- Alex will come back to you with Osteo name in CBD

Gut Protocol

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Thorne Berberine 500		1 cap				1 cap	Order from FXMED; This first then move onto..
98 Alive		1-2 caps				1-2 caps	...this!
PHGG (guar gum)		1/2tsp					Gradually increase
GIT Immunobiotic		1 tsp				1 tsp	vital.ly

<https://www.98alive.co/product-page/98alive-immune-support-capsules-1>



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Supplements (day to day)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Metagenics Calcium D Glucorate						1 tsp	Extra tsp un morning w thrush
Biomedica Pure liposomal B12		2 droppers					
RNLabs Folinic acid		3 caps					Stop 2 day before bloods
RN Labs iodine/ tyrosine	2 caps						
Bioclinic Natuals 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 Inflaqueil		2 caps				2 caps	FX Med
Researched Nutritionals Curucmin Pure		2 caps				2 caps	FX Med
Researched Nutritionals Trifortify Glutathione gel						2 tsps	FX Med