



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN -30/9/21 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
- If you need a cup of caffeine while you adjust to the Amitriptyline have a cup of early grey (as it has other benefits)
- Limit alcohol on Amitriptyline - can increase effects/ make hangover much worse

Assessments/referrals

- Nutripath Vaginal ecology test to check for missed infection - Alex will send referral once it is launched mid October

Other

- Take the Amitriptyline 10mg a few hours before bedtime vs at bed time - will help with initial zombieness the next morning.
- Prometrium orally from ovulation to 2-3 days before period is 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.
- Clary sage/ rose 3% essential oils into pelvis and lower

Immune support

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Progut		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



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Supplements (day to day)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
PHGG		1 tsp					
Metagenics CDG						1 tsp	Second half of your cycle
Biomedica Pure lip B12		1 dropper					
RNLabs Folinic acid		3 caps					
RN Labs iodine/tyrosine	2 caps						
Bioclinic Naturals Ubiquinol 300mg		1 cap					
Bodybio eLyte		2 caps					
Biomedica Rhodiola	1 cap				1 cap		Replaces ashwaganda when finished; start at 1 cap and see how you feel
RN Labs Quercesorb		2 caps				1 cap	
Pure Encapsulations Mg Glycinate		2 caps				2 caps	FX Med
Thorne research Zinc Picolinate 25mg						2 caps	FX Med
Researched Nutritionals Inflaquell		2 caps				2 caps	FX Med
Researched Nutritionals Curucmin Pure		2 caps				2 caps	FX Med
Pure Encapsulations Liposomal Glutathione caps						1-2 caps	FX med, to replace trifortify