



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

### TREATMENT PLAN - IMOGEN HARPER 11/2/2021

#### Diet recommendations

- Aim for half of your plate to be colourful vegetables at lunch and dinner.
- Follow the dairy free diet sheet and the gluten free diet sheet
- Avoid raw cruciferous vegetables as they are bad for the thyroid
- Try to eat 3-4 Brazil nuts a day (no more) - good source of selenium for the thyroid
- Good meat protein options: white fish, occasional salmon, turkey off the bone, chicken, lamb.
- Organic cashew or macadamia nut butter: <https://handnhoeorganics.com.au/shop/organic-macadamiabutter-natural-crunchy/>
- Feather & Bone butcher: <https://featherandbone.com.au/>
- Gloriously free GF oats best option
- Feel free to salt your food - local salt (never Himalayan or table salt).
- Doorstep organics - check out their Gluten free breads (natures buckwheat) and pastas (Green organic quinoa and rice) and Noni's wraps; Plantasy foods does good naughty savoury snacks like vegan macaroni cheese.
- Great protein shakes: <https://nuut.com.au/collections/nuut-blends>
- Great protein bars: <https://180nutrition.com.au/product/organic-vegan-protein-bars/>
- Eat foods containing resistant starch daily. You may react to these but even a teaspoon of one a day would be beneficial. 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.
- Try to eat different legumes every day. If you react try to do a tsp a day of a legume of choice. This helps build the good gut bacteria. E.g. black turtle beans, adzuki beans, red lentils. Fresh is always best, but organic canned ones can also work if needed (just always rinse). Instead of soups make bean and vegetable dishes for lunch or dinner when possible. Eat foods containing a multitude of polyphenols daily. Polyphenols can be found in pomegranates, red-fleshed dragon fruit, cranberries (fresh not
- Organic decaf Swiss air dried coffee only - preferably after something to eat with non-cow milk.
- Good gluten free, alcohol free beer available at Dan Murphy's

#### Assessments/referrals

- Take the GP referral letter to Dr Emma Scott at Cremorne medical centre - she will give you her referral please tell Alex if she hasn't written down anything we have requested.
- Take Dr Scotts referral to the DHM lab on day 2 and day 19 of your period.
- Dr Yin Yin Teoh at Sydney Holistic Dental Surgery on Elizabeth st Sydney - go and have a chat to her about the SOMA plate for grinding etc.

#### Other

- Mecca - Frank Coffe scrub (vitamin e)
- Drink coconut water during your exercise routine to offset fatigue after - eat a protein bar as soon as you are done.
- Find ways to manage your stress - consider swimming in the ocean as much as possible, even if its just jumping in for 5 min
- Make an effort to floss every day



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**SUPPLEMENTS**

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Biomedica liposome B12		2 droppers					
Orthoplex Folinic acid		4 caps					
Thorne Zinc Picolinate 30mg						2 caps	Replace with Thorne biglycinate when finished
Thorne Selenomethionase						1 cap	
Biomedica SB Pro		1 cap				1 cap	<a href="http://vital.ly">vital.ly</a>
Bioclinic Naturals Ubiquinol 600mg		2 caps					<a href="http://vital.ly">vital.ly</a>
D4H Curcum-evail		2 caps				2 caps	Replace wit Curcumin Pure from FX med when finished
Orthoplex Hydrozyme		1 tab				1 tab	Just take with big, heavy meals; <a href="http://vital.ly">vital.ly</a>
Pure Encapsulations Ashwaganda		1 cap					<a href="http://vital.ly">vital.ly</a>
Pure encapsulations Magnesium glycinate		3 caps				3 caps	
Researched Nutritionals Inflaquell		2 caps			2 caps		
Researched Nutritionals Trifortify gel (glutathione)						1 tsp (hold under tongue 1min)	Replaces Designs for health Glutahione when finished

Also order these from FX Med now for later to save on shipping:

- Thorne Berberine 500