



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

### TREATMENT PLAN - Imogen Harper 17/3/2021

#### Diet recommendations:

- Continue cow-dairy free + GF
- Salt your food whenever you like with local sea/rock salt
- Try to eliminate gluten as much as possible, see attached sheet
- Protein bars to try: <https://180nutrition.com.au/product/organic-vegan-protein-bars/>
- Salt your food whenever you want - local rock salt is best. Try a small tsp of salt in warm water upon waking.
- Nuut shake once a day, pref first thing in the morning but also good for snacks: <https://nuut.com.au/collections/nuut-blends/products/nuut-daily-balance-blend>
- Feel free to salt your food - it will improve your energy and blood pressure.
- 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 (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 dried), red and black rice and quinoa, any type of berry. Eat a mix of these foods daily.
- Organic decaf Swiss air dried coffee only - preferably after something to eat with non-cow milk.

#### Assessments/referrals:

- See Dr Simon Benstock for antibiotics for the parasite - take the result with you (attached); stop all supplements during the antibiotic treatment then start again the day to day supplements PLUS the herbs listed below.
- 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:

- 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 Picollinate						2 caps	FXMED
Thorne Selenomethionase						1 cap	FXMED
RNut Curcumin Pure		2 caps				2 caps	FXMED
Orthoplex Hydrozyme		1 tab				1 tab	
Biomedica SB Pro		1 cap				1 cap	
BloC Nat Ubiquinol		2 caps					
Pure Encap Mg Glycinate		2 caps				2 caps	FXMED
RNut Inflaquell		2 caps				2 caps	FXMED
Body Bio		2 capfuls					FX MED; sip in water during day
RNut Trifortify gel						1 tsp	FXMED; Hold under tongue 1min before swallowing

NB: Stop Glutathione for a few days and see what happens with the new headaches, report back

## SUPPLEMENTS (Gut treatment after antibiotics for 6 weeks)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Bioconcepts GIT Immunobiotic		1 tsp				1 tsp	Pause SB pro when you take this; <a href="https://www.vital.ly">vital.ly</a>
Thorne Berberine 500		1 cap				1 cap	1 bottle only
98alive		1 cap				1 cap	1 box only, see link below

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

\*\* Check in when you have finished the Berberine and 98alive \*\*