



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Imogen Harper 14/9/21

Diet recommendations:

- Continue to follow amine free sheet (including Df and GF)
- 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>
- 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:

- Genea andrology - for Sam to complete - have him get the GP to sign this form off then go to Genea
- Pfeiffer pride and methylation panel @ DHM (any day of cycle)

Other:

- Sanitary - always organic cotton; avoid tampons unless gym/swimming; opt for period pants (bonds, ModiBodi) OR organic pads instead
- Make an effort to floss every day; brush twice with non-fluoridated toothpaste
- Chuck out all of your old undies - stick to organic cotton when possible
- Ovulation sticks to track ovulation and time sex (every day in fertile period)
- Do castor oil pack 2x a week - make sure its organic castor oil



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SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Biomedica Pure liposome B12		2 droppers					
Orthplex Folinic acid		4 caps					
Thorne Zinc Picolinate						2 caps	
Thorne Selenomethionase		1 cap					
Bioclinic Naturals Ubiquinol 300mg		2 caps					
RNut Curucmin Pure		2 caps				2 caps	
RN Labs Calcium D Glucorate						1 tsp	
Mediherb Chaste Tree						1 tab	
Rn Labs Iodine/ tyrosine	2 caps						
RNut Inflaquell		2 caps				2 caps	
Pure Encapsulations Mg Glycinate		3 caps				3 caps	
Pure Encapsulations Liposomal Glutathione						2 caps	
Bodybio eLyte		2 capfulsin water					

Supplements PAUSE ALL 2 WEEKS PRIOR TO MICROBIOME MAP TEST

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Bioconcepts GIT Immunobiotic		1 tsp				1 tsp	
98 alive		1 cap				1 cap	1 month do this then...
Panaxea Antibiotonicals		1 cap				1 cap	..this for one month
Thorne Berberine 500		1 cap				1 cap	

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

NB: Start this 8 week gut protocol AFTER the second vaxx dose and when you are feeling good (again)