



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

### TREATMENT PLAN - Imogen Harper 28/10/21

#### Diet recommendations:

- Continue low amine, Df and GF
- Add in a cup of organic chicken bone broth whenever you can
- 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:

- Check out methylation profile info sheet
- Complete Nutripath Vaginal swap

#### Other:

- Integrated vet in Mona Vale - <https://www.healthypetsnaturally.com.au>
- Consider shower filter @ Sydney Water Shop (ask for discount as my client)
- For skin - Frank body original coffee scrub for legs and arms (Mecca); Indie Lee Body butter (Sephora)



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## Day to day Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Biomedica Pure liposome B12		2 droppers					
Interclinical MolyZinc						1 cap	
Orthplex Folinic acid		4 caps					
Thorne Zinc Picolinate						3 caps	
Thorne Selenomethionase		1 cap					
Bioclinic Naturals Ubiquinol 300mg		2 caps					
RNut Curcumin Pure		3 caps				3 caps	
RN Labs Calcium D Glucorate						1 tsp	
Mediherb Chaste Tree						1 tab	
Rn Labs Iodine/ tyrosine	2 caps						
RNut Inflaquell		3 caps				3 caps	
Pure Encapsulations Mg Glycinate		3 caps				3 caps	
Pure Encapsulations Liposomal Glutathione						2 caps	
Orthoplex Repairase		1 tsp					1 jar only; stop if positive preg test
Bodybio eLyte		2 capfulsin water					

## Supplements (GI Supplements) PAUSE FOR 6 WEEKS

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Bioconcepts GIT Immunobiotic		1 tsp				1 tsp	
98 alive		1 cap				1 cap	Take a break
Thorne Berberine 500		1 cap				1 cap	

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