



**ALEXANDRA MIDDLETON**  
NATUROPATHIC NUTRITIONIST

**TREATMENT PLAN - Maria Abbey Romanin 21/9/22**

**Diet recommendations**

- Amines sheet - follow as closely as possible; keep your fat intake low
- Amazing protein bars ok to have 1/day: <https://nakedpaleo.com.au/products/choc-chip-cookie-dough-keto-bar>
- For recipes booklets head to this [Dropbox link](#)
- [Invest in a water purifier jug](#) takes out 99%+ fluoride
- Replace morning smoothie with Nuut shakes (satchels) - aim to have one every morning before 9am: <https://nuut.com.au/products/paleo> Discount code = ALEXM15.

**Assessments/referrals**

- Take GP referral letter to GP for blood work - go on day 2 + 21 of cycle; tell GP you have a history hypothyroidism
- Take Nutripath Pfeiffer profile kit with you to lab with GP referral
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**Other**

- For pain - apply these essential oils on your lower belly for pain: Rose 3% (especially over you ovary), then mix Clary sage and Ylang Ylang all over front and lower back
- Castor oil pack - 2 x week if possible, never during period: <https://www.healthline.com/health/castor-oil-pack>
- Bath - 1/2 cup organic epsom salts + 1/2 cup of dead sea salt; always shower after a bath

**Supplements (day to day) - order express on FxMed**

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Rn Labs Iodine/tyrosine	3 caps						
Pure Encapsulations Liposomal glutathione						1 cap	Replaces VegeNAC
Researched Nutritional Curcumin Pure		2 caps				2 caps	Replaces Curcutex
Pure encapsulations Mag glycinate		3 caps				3 caps	Replaces Mag Duo
Bioclinical Naturals Ubiquinol 300mg		1 cap					
RN Labs Folinic Acid		2 caps					
Biomedica Liposomal B12		2 droppers					Keep in fridge

**\*\* Stop all supplements two days before each blood test\*\***



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GI protocol (for next 3 weeks then review)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
PHGG (guar gum)		2 tsp					Put into shake; double pre-period
Flordis Iberoglast	20 drops		20 drops		20 drops		Start low/slow; for fat digestion support
Biome Advanced Probiotic		1 cap				1 cap	
D4H GI revive		1 tsp				1 tsp	

\*\*\*Let Alex know as you approach the end of the Iberoglast because we will switch you to something stronger\*\*\*