



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Maria Abbey Romanin 30/8/22

Diet recommendations

- Amines sheet - follow as closely as possible
- 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.
- 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, purple carrots/cabbage and red/black quinoa or any type of berry. Eat a mix of these foods daily. They help reduce inflammation and boost the microbiome.

Assessments/referrals

- Nutripath Complete Microbiome Map - complete on a Monday/Tuesday morning and post

Other

- Send Alex Surgical reports which your GP will have
- [Lymphatic massage](#) on Youtube - follow every morning
- Swap to non-fluoridated toothpaste (Reseal) + Aluminium-free deodorant (Toms)

Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
PHGG (guar gum)		2 tsp					Put into shake
Rn Labs Iodine/tyrosine	2 caps						
Biomedica VegeNac	2 caps		2 caps				
RN Labs Curcutex		2 caps				2 caps	
Biomedica MagDuo		1 scoop		1 scoop		1 scoop	Reduce by a scoop with diarrhoea
Biomedica Liposomal B12		2 droppers					Keep in fridge

***Start after stool sample for Nutripath; ask for express shipping ***