



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Beth Young 31/8/21

Diet recommendations:

- Low amines (histamine), GD eating - sheet attached
- 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> OR buy a organic vegan protein tub (Ezy Protein good brand)
- Increase protein intake - aim for 1.5g per kg of body weight - see protein sheet
- Continue lab as much as possible
- Black strap molasses - 1 tsp (in warm water or off the spoon)
- Avoid all fish and seafood
- 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.

Assessments/referrals:

- SydPath Genital Swab (culture) - Alex will send you referral
- Referral - ENT specialist Dr Jonathan Livesy, St Leonards to check out tinnitus

GI protocol (8-12 weeks)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Thorne Berberine 500		1 cap				1 cap	FX Med
98 alive		1 cap				1 cap	Link below
Orthoplex Hydrozyme		1 tab				1 tab	vital.ly
GIT Immunobiotic		1 tsp				1 tsp	vital.ly

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

Supplements



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SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
RN Labs Lysine						1/2 tsp	
RN Labs Sublingual B12		2 lozenges					
Rn Labs Folinic Acid		3 caps					
Bioclinic Naturals Ubiquinol 300mg		1 cap					
RN Labs iodine/tyrosine	1-2 caps						Start at 1 and slowly increase to 2
Researched Nutritionals Curucmin Pure						3 caps	
Researched Nutritionals Inflaquell						4 caps	
Pure encapsulations Magnesium Glyincate		2 caps				2 caps	
Pure encapsulations lipsomal Glutathione						2 cap	
Bodybio eLyte		1 capful					In water to sip during day
Thorne Selenomethionase		1 cap					
Thorne Zinc Picolinate						2 caps	Replaces Metazinc once you have run out, same dose

Red = priority post surgery

Vaginal Pessary

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Biomedica Femex Forte		Take 1 orally only after stool test				1 cap	1 cap orally two hours after breakfast away from herbs, Insert 1 whole cap into vagina before bed