



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

### TREATMENT PLAN - Beth Young 19/10/21

#### Diet recommendations:

- Continue low amines (histamine), GF eating
- Nuut shake once a day, pref first thing in the morning
- 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:

- Nutripath - Vaginal Microbiome swab to complete; order it now but only do it once you have finished the GI protocol
- Referral - ENT specialist Dr Jonathan Livesy, St Leonards to check out tinnitus
- Manly acupuncture - <https://www.thefertilitysuite.com.au/about>. (Jenna - check out her IG page)

#### 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	<a href="https://www.vital.ly">vital.ly</a>
GIT Immunobiotic		1 tsp				1 tsp	<a href="https://www.vital.ly">vital.ly</a>

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



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## Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
RN Labs Lysine		1/2 tsp				1/2 tsp	
RN Labs Sublingual B12		2 lozenges					
Rn Labs Folinic Acid		3 caps					
Bioclinic Naturals Ubiquinol 300mg		1 cap		1 cap			
RN Labs iodine/tyrosine	2 caps						Start at 1 and slowly increase to 2
Researched Nutritionals Curcumin Pure						3 caps	
Researched Nutritionals Inflaquell						4 caps	
Pure encapsulations Magnesium Glyincate		2 caps				2 caps	
Pure encapsulations liposomal Glutathione						2 caps	
Bodybio eLyte		1-2 capful					In water to sip during day
Metabolic Maintenance Cal/Mag Plus with Vitamin D and Vitamin K-2 M7						3 caps	Fx Med
Thorne Selenomethionase		1 cap					
Thorne Zinc Picolinate						2 caps	Replaces Metazinc once you have run out, same dose

Red = priority post surgery