



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Bindiya Sangker Singh 14/9/22

Diet recommendations

- Aim 1.5L water day (includes herbal teas) - [buy this jug](#) to keep at home
- Nuut shakes - aim to have one every morning before 9am: <https://nuut.com.au/products/paleo> Discount code = ALEXM15. ; you can have as many as you want of these during the day even when you're not hungry
- See GF and DF sheet for brand substitution ideas
- Cereal/almond milk - put a handful of berries + handful organic macadamias on top of your cereal at lunch; consider quinoa porridge OR cooked white quinoa instead of the cereal

Assessments/referrals

- Nutripath Microbiome Map - complete at home

Other

- Look at buying a dehumidifier - <https://www.ausclimate.com.au/products/wdh-316db-nwt-compact-16l-dehumidifier> ; run air purifier every day
- Chase real estate agent re leak; tell her in writing your doctor said the mould is affecting your health and is therefore a **health hazard** and you're allergic to mould and that you need it urgently rectified.

Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Flordis Iberoglast	20 drops		20 drops		20 drops		Have at night as well even if you don't have dinner
Metagenics Neurocalm		1 tab		1 tab		1 tab	
RN Labs Mag glycinate		2 caps				2 caps	

**** Start these after doing the stool sample****



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