



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Margot Efrossynis 22/3/2022

Diet recommendations

- Continue with GF, DF and sugar free; follow amines diet sheet as closely as possible.
- Keep diet simple when having diverticula flare - broths, soups, vegetable juices; avoid wheat products, peanuts, Brazil nuts, popcorn, vegetable skins and brown rice during flare up too.
- Strictly avoid glutamates (MSG), aspartate (soft drinks), food colourings (check labels), chocolate, caffeine (Black/green tea, coffee, colas), cows milk and shellfish as these will make your pain worse.
- Fresh juice - pure celery juice, option of adding carrot, beet, ginger

Assessments/referrals

- Acupuncture - Jayne Lyttelton Paddington 9332 1677

Other

- City Cave infrared saunas - try a couple a week, drink coconut water or eLyte in water while you sit there.
- Gargle 1 tsp salt + couple drop tea tree in warm water w sore throat every 2 hours
- N45 face mask only for safety with COVID

Protocol for COVID-19 / general immune support (when you feel like you're getting sick)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Panaxea AV/AT		2 caps				2 caps	Immune herbs
Bioclinic Naturals D3/K2						5 gelcaps	
Biomedica C Max		1 tsp		1 tsp		1 tsp	
Thorne Zinc Picolinate						3 caps	
Bioclinic Naturals Quercetin LipoMicel		2 caps				2 caps	Replaces Quercenase + Allergeze
Researched Nutritionals Trifortify Glutathione		1 tsp				1 tsp	Detox, energy
98alive		1-2 caps		1-2 caps		1-2 caps	Start low

*****Please let Alex know before reorder the Trifortify Glutathione*****



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Day to day Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Metagenics HPA essentials		1 tab					B Complex
Biomedica Pure Liposome B12		1 dropper					B12
Thorne Zinc Picollinate						2 caps	Everything
Hydrozyme		1/2-1 tab					When needed
PHGG (guar gum)		1/2 tsp					When needed (good for constipation)
Researched Nutritionals Curcumin Pure		2 caps				3 caps	Anti-inflammatory
Researched Nutritionals Inlaquell						3 caps	Anti-inflammatory
D4H Triganda OR Pure Encapsulations AShwaganda		1 cap				1 cap	Energy + libido
Metagenics PainX		1 scoop				1 scoop	Pain, Anti-inflammatory
RN Labs Iodine/ Tyrosine	2 caps						Detox, metabolism, energy, thyroid
Bioclinic Naturals D3/K2						4 gelcaps	Immunity, bones, mood
Bodybio eLyte		1 capful				1 capful	Digestion, energy
Bioclinic Naturals Quercetin LipoMicel OR Thorne Quercenase		2 caps					Replaces Allergeze + Quercenase + Allergeze; antihistamine and post COVID support
Researched Nutritionals Trifortify Glutathione		1 tsp				1 tsp	Detox, energy

Red = buy from FX Med