



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

### TREATMENT PLAN - Margot Effrossynis 9/12/2020

#### Diet recommendations:

- Continue with GF, DF and sugar free; follow amines diet sheet as closely as possible. Sheets attached.
- 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.
- Organic decaf coffee is fine once a day.
- 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>
- Feel free to salt your food - it will improve your energy and blood pressure.
- Do FESS sinus rinses every day/ other day.
- 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:

- See Dr Simon Benstock at Double Bay private hospital for parasite treatment
- Complete blood work - Claudia will send you the referral; take that and the non-rebatable private DHM form attached to this with you to a DHM lab.
- Complete VC test online: <https://www.survivingmold.com/store1/online-screening-test/purchase-vcs>
- Call building biologist Jeanette for assessment: <https://www.buildingbiologysydney.com.au/about-us>

#### Other:

- Check out the Gupta program for Limbic retraining: <https://www.guptaprogram.com/>
- Check out Dr Joe Dispenza: <https://drjoedispenza.com/>
- CBD clinic (you need a referral from Claudia): <https://compassclinics.com.au/>



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## SUPPLEMENTS

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
RN Labs Bioactive B complex		2 caps		1 cap			Energy/metabolism/detox
Biomedica PEA		1 scoop				1 scoop	Natural pain med - Don't take this at the same time as the CBD; take 2 hrs away from Lyrica
Metagenics Inflanoid Intensive care		1 tab				2 tabs	Reduces pain/inflammation
Metagenics PainX						1 scoop	Magnesium for everything targeted at tissues/pain
Bioconcepts bioactive lipids		2 caps				3 caps	Reduces inflammation
Bioconcepts Hydrozyme		1 tab				1 tab	Increases digestion; Start 1/2 tab and work your way up to one 2xdaily
Biopractica liposomal glutathione and NAC		1 tsp				1 tsp	Detox/energy

NB: Stop all supplements 2 days prior to blood tests and cease all supplements during antibiotic therapy

## ADDITIONAL SUPPLEMENT GUT PROTOCOL (8 WEEKS POST ANTIBIOTICS)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Hydrozyme		1 tab				1 tab	Start 1/2 tab and work your way up to one 2xdaily
Bioceticals Ultrabiotic 500		1 satchel					Every day for two weeks then 3-4x a week for the next 4 weeks
Metagenics Bactrex		1-2 caps				1-2 caps	1 month course then check in again with Alex on email
GIT Immunobiotic		1 tsp				1 tsp	Can go in water or shake or on top of cold food



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