



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

### TREATMENT PLAN - Margo 14/9/21

#### Diet recommendations

- Continue with GF, DF and sugar free; follow amines diet sheet as closely as possible.
- Legumes/ beans - instead of fresh buy canned organic cans- give them a good wash and dry off before refrigerating.
- Cheeses - only buffalo mozzarella, small amount of goat/sheep feta (tiny amounts lactose); avoiding 'lactose free' products and anything that's lite/fat free.
- 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.
- Check out the Health Chef phone app for recipes - filter for gluten and dairy free.

#### Assessments/referrals

- Talk to GP re best way to come off Lyrica.

#### Other

- Salt baths 1-3x times a week min (as often as possible) for detox: 1/2 cup dead sea salt. 1/2 cup epsom salt to start (this brand only)

<https://www.goodness.com.au/premium-dead-sea-salt-coarse-1kg/>

<https://www.goodness.com.au/natural-epsom-salts-1kg/>



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## Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Yaemma Pacifica Chlorella		1 tsp					Mould detox
Metagenics HPA essentials		1 tab					B complex
Biomedica Pure Liposome B12		1 dropper					B12
Thorne Zinc picolinate						2 caps	Everything
PHGG (guar gum)		1 tsp					Gi microbiome
Orthoplex PEA		1 scoop		1 scoop		CBD oil	For pain; take 2 hours away from Lyrica
Researched Nutritionals Curcumin Pure						3 caps	Anti-inflammatory
Researched Nutritionals Inflaquell						3 caps	Anti-inflammatory
Bioclinical Naturals D3/K2		3 gelcaps					
Designs For Health TriGanda	1 cap					1 cap	Ashwaganda, Vital.ly
Metagenics Pain X		1 scoop				1 scoop	Magnesium
Rn Labs iodine/tyrosine	2 caps						Detox, metabolism
BodyBio eLyte		1-2 capfuls					Put in water sip thru day
Thorne Quercense		2 caps					Anti-histamine, for energy
Researched Nutritionals Trifortify glutathione		2 tsp					Detox, energy

\*\*\*Orthoplex Hydrozyme - take it when you have indigestion OR you have eaten something heavy (egg, pasta, meats etc)\*\*\*

Red = FX med