



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.
- Savoury high protein breakfast with a little fat and protein will sustain your morning energy.
- 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.
- Good gluten free (yeast free) toast with butter/eggs and rock salt: <https://www.doorsteporganics.com.au/Gluten-Free-Buckwheat-Loaf-Sliced--Fresh-Naturi-680g>
- 180 Nutrition low carb protein bars: <https://180nutrition.com.au/product/organic-vegan-protein-bars/>
- Green breakfast spread - soak half cup organic walnuts for half a day; then add handful of basil, rocket, chives, parsley and a squeeze of lemon juice with olive oil - then blend and put in container in fridge where it will set to a spread for your breakfast toast.
- Amazing nut brand - 2diefor nuts: <https://2die4livefoods.com.au/>
- 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:

- 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>
- Get a referral from Claudia to see Dr Soji Swaraj in Moore Park (Stadium) - Endocrinologist.
- Alex will come back to you re lab for PCR on Mycoplasma test
- Complete triple therapy antibiotics from Dr Benstock.

Other:

- Check out Dr Joe Dispenza: <https://drjoedispenza.com/> - check out his intensive and progressive online courses.
- CBD clinic (you need a referral from Claudia): <https://compassclinics.com.au/>
- Book: "Adrenal Fatigue" - by Dr James L Wilson



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SUPPLEMENTS

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
RN Labs Folinic Acid		3 caps					Energy/ metabolism/detox
Biomedica Liposome B12		2 droppers					
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 Inflammation Intensive care		1 tab				2 tabs	Reduces pain/ inflammation
Metagenics PainX						1 scoop	Magnesium for everything targeted at tissues/pain
Hydrozyme		1 tab				1 tab	Start 1/2 tab and work your way up to one 2xdaily
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 during antibiotic therapy



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ADDITIONAL SUPPLEMENT GUT PROTOCOL (8 WEEKS POST ANTIBIOTICS)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
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