



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Margot Efrossynis 23/6/2021

Diet recommendations

- Continue with GF, DF and sugar free; follow amines diet sheet as closely as possible.
- 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

- Alex will order you a SIBO breath test - check your email and pay directly.

Other

- Vera (colonics) - ph 0402 395 331
- 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/>
- Do FESS sinus rinses every day/ other day.
- Jeanette building biologist - ph 0403644056



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Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Yaemama Pacifica Chlorella		1 tsp					Detoxification from mould
Metagenics HPA essentials		1 tab					B Complex
Biomedica Pure Liposome B12		1 dropper					B12
Thorne Zinc Picollinate						2 caps	Everything
Hydrozyme		1 tab				1 tab	Digestion + energy
PHGG (guar gum)		1/2 tsp					Bowel
Orthoplex PEA		1 scoop				1 scoop	For pain; take 2 hrs away from Lyrica
Researched Nutritionals Curcumin Pure		2 caps				3 caps	Anti- inflammatory
Researched Nutritionals Inflaquell		3 caps				3 caps	Anti- inflammatory
Pure Encapsulations Ashwaganda	1 cap					1 cap	
Metagenics PainX		1 scoop				1 scoop	Pain, Anti- inflammatory
RN Labs Iodine/ Tyrosine	2 caps						Detox, metabolism
Bodybio eLyte		1 capful				1 capful	Digestion, energy
Thorne Quercenase		2 caps					Antihistamine, for energy
Researched Nutritionals Trifortify Glutathione						2 tsp	Detox, energy

*** Finish up Ultra Flora Soothe, Gut RX, Metagenics SPM - see how you feel!***