



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

### TREATMENT PLAN - Margot Efrossynis 20/5/2021

#### Diet recommendations

- Continue with GF, DF and sugar free; follow amines diet sheet as closely as possible.
- Check out FODMAP foods - these are the foods that will make you bloat - see attached list.
- 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.

#### Assessments/referrals

- Send Alex VC test results
- 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. Ph 46281122
- Alex will order you a SIBO breath test - check your email and pay directly.

#### Other

- Replace your pillows - make sure you buy organic
- Vera (colonics) - ph 0402 395 331
- Epsom salt baths as often as possible
- Do FESS sinus rinses every day/ other day.
- Good to read: [https://www.gicare.com/gi-health-resources/diverticulosis-diet/?fbclid=IwAR2QOdEJfutyYvZsGLofu\\_stzuMDpMAeNHn49ytQKc-HtINhfpozv2FHS0A](https://www.gicare.com/gi-health-resources/diverticulosis-diet/?fbclid=IwAR2QOdEJfutyYvZsGLofu_stzuMDpMAeNHn49ytQKc-HtINhfpozv2FHS0A)

#### 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 tab				1 tab	Helps you digest - take when needed
PHGG (guar gum)		1/2 tsp					Bowel
Orthoplex PEA		1 scoop				1 scoop	For pain; take 2 hrs away from Lyrica



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Researched Nutritionals Curcumin Pure		2 caps				3 caps	Anti-inflammatory
Researched Nutritionals Inflaqueil		3 caps				3 caps	Anti-inflammatory
Pure Encapsulations Ashwaganda		1 cap				1 cap	
Metagenicis PainX		1 scoop				1 scoop	Pain, Anti-inflammatory
Metagenics SPM Active		2 caps				2 caps	Anti-inflammatory
Orthoplex Gut Rx						1 scoop	Gut - stop when finished
Metagenics Ultra Flora GI Soothe		1 cap				1 cap	Gut, DF probiotic
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

**\*\*Stop RN Labs Folinic Acid for now - being replaced by HPA essentials\*\***