



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Margot Efrossynis 3/11/2021

Diet recommendations

- Continue with GF, DF and sugar free; follow amines diet sheet as closely as possible.
- Breakfasts - oats add nuts and seeds and have less oats; nut butter + slice hard pear or eggs on GF toast; consider NUUT shakes again. Substitute cooked oats with cooked white quinoa as it is 20-40% protein. Savoury, salty, high protein breakfasts will keep your energy up for the day.
- 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.
- Green spread - soak unactivated, organic nuts overnight (1/2cup); then the next day blend it with half a cup of chives, basil leaves and rocket, a squeeze of lemon and half a cup of olive oil; leave it in the fridge to set and use it as a toast spread for breakfast.

Assessments/referrals

- Michael Solano - ph 93865200 - Osteopath in Bondi Junction
- Acupuncture - Jayne Lyttelton Paddington 9332 1677

Other

- N/A



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Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Yaemama Pacifica Chlorella		1 tsp					Take break
Metagenics HPA essentials		1 tab					B Complex
Biomedica Pure Liposome B12		1 dropper					B12
Thorne Zinc Picollinate						2 caps	Everything
Hydrozyme		1/2 tab					When needed
PHGG (guar gum)		1/2 tsp					Bowel
Orthoplex PEA		1 scoop				1 scoop	For pain; take 2 hrs away from Lyrica; then when you finish this start the Bioceuticals PEA 1 tsp/day
Researched Nutritionals Curcumin Pure		2 caps				3 caps	Anti- inflammatory
Researched Nutritionals Inflaquell		3 caps				3 caps	Anti- inflammatory
Pure Encapsulations Ashwaganda OR D4H Triganda		1 cap				1 cap	
Metagencis PainX		1 scoop				1 scoop	Pain, Anti- inflammatory
RN Labs Iodine/ Tyrosine	2 caps						Detox, metabolism
Bioclinic Naturals D3/K2						3 gelcaps	
Bodybio eLyte		1 capful				1 capful	Digestion, energy
Bioclinic Naturals Quercetin LipoMicel		2 caps					Replaces Quercenase + Allergeze
Researched Nutritionals Trifortify Glutathione						2 tsp	Detox, energy