



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

### TREATMENT PLAN – Paula Monteiro 20/10/2020

#### DIET:

- Aim for half of your plate to be colourful vegetables at lunch and dinner.
- Follow the amine free diet sheet and the gluten free diet sheet
- Check out Nuut website for smoothie recipes; if you don't like Nuut in the end try some organic hemp protein powder.
- Avoid raw cruciferous vegetables as they are bad for the thyroid
- Try to eat 3-4 Brazil nuts a day (no more) - good source of selenium for the thyroid
- Good meat protein options: white fish, occasional salmon, turkey off the bone, chicken, lamb.
- Organic cashew or macadamia nut butter: <https://handnhoeorganics.com.au/shop/organic-macadamia-butter-natural-crunchy/>
- Feather & Bone butcher: <https://featherandbone.com.au/>
- Feel free to salt your food - local salt (never Himalayan or table salt).
- Sushi hand rolls for on the go - only seared salmon, once a week, preferably with brown or red rice.
- 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 (pref 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:

- Deep Pelvic Ultrasound with Bowel prep at Ultrasound Care in Bondi Junction with Dr Lyn Townsend - GP should give you referral for this
- Ask your GP for a referral to see Dr Soji Swaraj at his rooms in Moore Park ph 4628 1122 to talk about the Hashimotos and IGF-1.

#### OTHER:

- Continue to track period; start temp charting again next month
- Keep good oral hygiene - flossing every day, brushing twice a day, oil pulling with black sesame oil every day for five minutes every day.



**ALEXANDRA MIDDLETON**  
NATUROPATHIC NUTRITIONIST

**PRESCRIPTIONS**

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
MagTaur Xcell		1 scoop					Minerals & Bs
Biomedica Liposome B12		2 droppers					
Biomedica Phyta D						3-4 pumps	
Orthoplex Hydrozyme		1 tab				1 tab	Digestion
Mutaflor		3 caps				3 caps	Needs fridge
Eagle Tissue Matrix support		2 tabs				2 tabs	
Designs for Health Liposomal Glutathione	2 pumps				2 pumps		Hold under tongue 60 seconds before swallowing
Metagenics Calcium d-Glucorate						1 small tsp	Pain relief/ liver
RNLabs Trace mins						2 caps	Thyroid minerals
Curcuminoid Ultra Pure		1 cap				1 cap	Pain relief; replace with RN Labs Curcutex