



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

### TREATMENT PLAN – Paula Monteiro 25/9/2020

#### DIET:

- Aim for half of your plate to be colourful vegetables at lunch and dinner.
- Try going 100% Gluten free - see gluten free diet sheet attached.
- Try Doorstep Organics for good gluten free products - try Nonies bread, Narturis buckwheat loaf, Olive green organics (rice/quinoa products); <https://www.doorsteporganics.com.au/gluten-free>
- Avoid cow based dairy - goat/sheep/buffalo is fine and butter is fine too.
- Nuut protein satchels - do at least one a day preferably first in the morning (daily balance or paleo): <https://nuut.com.au/collections/nuut-blends/products/nuut-paleo-blend>
- No canned fish, pork or beef - only organic
- Good meat protein options: white fish, occasional salmon, turkey off the bone, chicken, lamb.
- Feather & Bone butcher: <https://featherandbone.com.au/>
- 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:

- Please take attached GP referral letter to the GP; then take her request form AND the attached non-rebatable DHM form to a DHM lab, fasting in the morning on day 2 of period (2nd day of bright red blood) AND on day 21 of your period (for the progesterone).
- Deep Pelvic Ultrasound with Bowel prep at Ultrasound Care in Bondi Junction with Dr Lyn Townsend - GP should give you referral for this

#### OTHER:

- Continue to track period; start temp charting again next month



**ALEXANDRA MIDDLETON**  
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**PRESCRIPTIONS**

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
MagTaur Xcell		1 scoop					Minerals & Bs
Mutaflor		3 caps				3 caps	First 2 days: 3 capsules three times daily. Day 3 onwards: 4 capsules daily. For constipation - needs fridge.
Metagenics Calcium d-Glucorate						1 small tsp	Pain relief/ liver
Hydrozyme		1/2 tab				1/2 tab	Work you way up to 1 tab with every meal but start at 1/2
Curcuminoid Ultra Pure		1 cap				1 cap	Pain relief