



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - PAULA MONTEIRO 10/2/2021

Diet recommendations

- 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
- 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-macadamiabutter-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

Assessments/referrals

- Retest thyroid hormones
- Send Alex surgical report.

Other

- Keep good oral hygiene - flossing every day, brushing twice a day, oil pulling with black sesame oil every day for five minutes every day.



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SUPPLEMENTS

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Biomedica Liposome B12		2 droppers					
Orthoplex Folinic acid		4 caps					
Rn Labs Niacinamide		1 cap					
RN Labs Pic Mins						3 tabs	
Biomedica Phyta D		3 pumps					Finish up
Eagle tissue support		3 tabs				3 tabs	Finish up
Bioclinic Naturals Ubiquinol 600mg		2 caps					Egg support
Thorne Berberine 500		1 cap				1 cap	One month only, never while trying to conceive
Orthoplex Hydrozyme		1 tab				1 tab	Just take with big, heavy meals
Metapure EPA/ DHA						2 caps	
RN Labs Iodine tyrosine	2 caps						
Researched Nutritionals Inflaquell		3 caps				3 caps	Post surgery recovery
Researched Nutritionals Curcumin Pure		2 caps				2 caps	To replace Curcutex
Pure encapsulations Magnesium glycinate		2 caps				3 caps	
Researched Nutritionals Trifortify gel (glutathione)						1 tsp (hold under tongue 1min)	Replaces Designs for health Glutathione when finished

Mutaflor - for the next two weeks take 1 cap twice a day (instead of 2) and then for the two weeks after that take 1 cap a day then try to come off it. **Thorne Research** - Zinc Picolinate 25mg from FX Med for Mitch - take 2 caps at bedtime