



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - PAULA MONTEIRO 20/7/21

Diet recommendations

- Follow the amine free diet sheet and the gluten free diet sheet strictly
- Check out Nuut website for smoothie recipes; if you don't like Nuut in the end try some organic hemp protein powder.

Assessments/referrals

- Ask Soji re meds - seeing him in three weeks; talk to him about "desiccated thyroid extract" instead of Thyroxine

Other

- Continue good oral hygiene - flossing every day, brushing twice a day, oil pulling with black sesame oil every day for five minutes every day.
- Buy fluoride free toothpaste
- Read up on "IVF Lite" - talk to Bill about it

Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
RNLabs Bioactive B		2 caps		2 caps			To replace folinic acid, B12 and Niacinamide
Biomedica Thyrestore		1 cap				1 cap	Replaces Selenium londine/ tyrosina, zinc picolinate
RN labs Myo-inositol		1 big scoop					Egg quality
Bioclinic Naturals Ubiquinol 300mg		1 cap					
RNut Curcumin Pure		2 caps				2 caps	FXMed
RNut Inflaquell		2 caps				2 caps	
Pure Encapsulation Mag Glycinate caps		2 caps				2 caps	FX Med
Bioclinic Naturals D3/K2						4 gel caps	
Nutritioncare Gut Relief		1 tsp				1 tsp	Pause Quercenase; to reduce thy abs
RNut Trifortify glutathione gel						2 tsp	FX Med