



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - PAULA MONTEIRO 19/3/21

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
- 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
- Reduce Brazil nut intake to 1-2 nuts a day as you are now taking selenium.
- 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

- N/A

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.
- Ask Soji for a script for 100mg of Prometrium (progesterone) and take it every night in the second half of your cycle (i.e. from ovulation until you get your period).



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SUPPLEMENTS

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
GIT Immunobiotic		1 tsp				1 tsp	
MG Metapure		2 caps					
Orthoplex Folinic Acid		3 caps					
Biomedica Liposome B12		1 dropper					
RN Labs Niacinamide							
Thorne Selenomethionase		1 capsule					FX Med
Rn Labs Iodine/ tyrosine	2 caps						
Bioclinicals Naturals D/ K2						2 gel caps	Replaces Phyta D
Bioclinic Naturals Ubiquinol 300mg		2 caps					
RNut Curcumin Pure		2 caps				2 caps	FXMed
Pure Encapsulation Mag Glycinate caps		2 caps				2 caps	FX Med
Bioconcepts Hydrozyme		1 tab				1 tab	
Bioclinic Naturals D3/K2						4 gel caps	
Thorne Zinc Picolinate						2 caps	FX Med
Thorne Quercenase		1 cap				1 cap	FX Med
RNut Inflaquell		3 caps				3 caps	FX Med
RNut Trifortify glutathione gel						1 tsp	FX Med