



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

### TREATMENT PLAN - Sharmaine De Silva 14/9/22

#### Diet recommendations

- Nuut shake for breakfast - aim to have one every morning before 9am: <https://nuut.com.au/products/paleo> Discount code = ALEXM15.
- Continue strictly gluten and dairy free; just read amine sheet for now
- Spices to use - ginger, turmeric, asafoetida (garlic replacement), cumin, thyme, rosemary, cinnamon, cardamon
- Organic olive oil for cooking and salads

#### Assessments/referrals

- Dr Yin Yin Teoh at Sydney Holistic Dental Surgery - talk to her re SOMA plate ph 02 9221 5800
- GP referral - take to GP; take her referral to DHM lagoon Day 2 of cycle with the Nutripath Pfeiffer profile kit
- Non-rebataable DHM form - tomorrow at DHM
- Vaginal Microbiome Profile - to complete in third week of your cycle
- Visual Contrast test to complete, send Alex results: <https://www.survivingmold.com/store1/online-screening-test/purchase-vcs>
- Dr Simon Benstock - gastroenterologist Double Bay hospital ph 02 8305-0001 ; take results to him to discuss your symptoms and elevated calprotectin + colonoscopy (you will need GP referral)

#### Supplements (day to day)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
RN Labs Folinic Acid		3 caps					
Pure encapsulations Liposomal Glutathione						1 cap	Start low
Pure encapsulations Magnesium Glycinate		2 caps				2 caps	
Researched Nutritional Curcumin Pure		2 caps				2 caps	
Bioclinical Naturals Ubiquinol 300mg		2 caps					
Researched Nutritional Inflaqueil	2 caps				2 caps		FXMed
RN Labs Calcium d- glucorate		1/2 tsp					Can go in shake



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GI Protocol (continue another 5 weeks then review)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Flordis Iberglast	40 drops		40 drops		40 drops		Replaces Digestex
Orthoplex GIT Immunobiotic		1 tsp				1 tsp	<a href="https://vital.ly">vital.ly</a> an go in nuut shake
Panaxea AntiBioBotanicals		2 caps				2 caps	When finished switch the Berberine 500 below
Thorne Berberine 500		1-2 caps				1-2 cap	Start low/slow
98 alive		2 caps				2 caps	Link below

\*\*\* Start one at a time for the Panaxea and 98alive, start low and work your way up to 2 caps 2xdaily for each\*\*\*

<https://www.98alive.co/product-page/98alive-immune-support-capsules-1>

\*\*\* pause all supplements three days prior to Douglass Hanly blood work \*\*\*

#### Other

- Reproductive Lifestyle sheet - use as tick off list to clean up your environment
- Essential oils - Rose oil 3% (especially on ovaries), clary sage, ylang ylang - rub them on lower abdomen when in pain or when expecting pain
- Castor oil pack - 2 x week if possible, never during period: <https://www.healthline.com/health/castor-oil-pack>
- Check out d.o.s.e.y on instagram