



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Amanda Dormer 12/9/22

Diet recommendations

- Nuut shakes - aim to have one every morning before 9am: <https://nuut.com.au/products/paleo> Discount code = ALEXM15.

Assessments/referrals

- Holistic Dentist - book over Xmas Dr Yin Yin Teoh at Sydney Holistic dental Surgery ph 02 9221 5800 for SOMA assessment and amalgam removal
- Nutripath Pfeiffer profile basic + Methylation profile - take kits to standard pathology lab; stop all supplements 3 days prior

Other

- At night, tape your mouth closed (buy hypoallergenic tape from pharmacy)
- Essential oils for endo - put them on your lower back and belly - rose 3% (esp on the ovaries), clary sage (for ovulation and period pain) + ylang ylang - mornings better
- https://absoluteessential.com/en-au/products/coriander-seed-essential-oil?_pos=1&_sid=280d23257&_ss=r&view=encyclopedia
- Immunity - lymphatic drainage every day, gargle every day w warm water + dry of teat tree oil as frequently as possibly; also buy 98alive nebuliser starter kit do as often as possible (10min 3x/day)

Supplements (Day to Day - pause during antibiotics)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Biomedica Pure Liposome B12		2 droppers					Keep in fridge
Biomedica Magduo		2 scoops				1 scoop	Try on empty stomach for anti-constipation effect
Pure encaps. Glutathione						2 caps	
Rn Labs Folinic acid		3 caps					
RN Labs iodine/tyrosine	3 caps						
Bodybio eLyte		3-4 capfuls					In water for day
Researched Nutritional Curcumin pure		3 caps					Replaced Mediherb
Researched nutritional Inflaquell		3 caps					
Mediherb D3 5000IU						5 pumps	Once a week



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Therapeutic Protocols - timeline

1. Oral antibiotics for urea/mycoplasma infection: ask GP for doxycycline for ureaplasma 100mg orally BID for 14 days; azithromycin for mycoplasma - 500mg BID first day, 500mg q.d. on day 2, 250mg q.d. on days 3-5
<https://academic.oup.com/cid/article/48/12/1655/320025>

NB: pause your supplements when doing the oral antibiotics, but start again straight after

GI protocol (another 4 weeks then review)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
MTHFR PHGG (Guar gum)		2 scoops					Into Nuut shake shake
Thorne Berberine 500		2 caps				2 caps	Anti-bacterial
Panaxea Antibiotanicals		2 caps				2 caps	Anti-bacterial
98alive		2 caps		2 caps		2 caps	Anti-bacterial/fungal
Orthoplex GIT Immunobiotic		1 tsp				1 tsp	Finish up

**** NB:** Extra lunch time doses for of 98alive with virus***

Vaginal microbiome protocol (6-8 weeks)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Doxycycline/azithromycin combo		As directed above					For urea/mycoplasma
Lifespace probiotic for women		1 capsule				1 capsule	Insert into vagina like tampon, continue 2 months