



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Amy Southorn 6/7/2022

Diet recommendations

- Continue amine free - see sheet; ideal diet to lower histamine/oestrogen/pain/swelling
- Salt everything - Murray river sea salt best choice
- Try some Eden foods bee pollen in Nuut shake (1 tsp)
- Add 1/2-1 tsp guar gum to shake in morning (prebiotic)

Assessments/referrals

- Nutripath Complete Microbiome map - to complete at home, take a break off all oral supps for a week before the sample
- Ask GP for 100mg Prometrium (bio-identical Progesterone): start using it vaginally every night from ovulation until a few days before your expected period
- Nurofen for when the flooding is really intense (use minimally)

Other

- Check out audio Ren Sue qi gong- <https://learnrenxue.org>

Vaginal Microbiome protocol (4 weeks then review)

<https://www.lifespaceprobiotics.com/products/womens-microflora-probiotic>

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Lifespace probiotics for women						1 pessary	
Biomedica Allimax		1 pessary					
Biomedica SB Pro		1 cap				1 cap	Replace D4H



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Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Basica Activ Pure		1 satchel					
Bodybio elyte		2-3 capfuls					
Pure encaps. Ashwaganda		2 caps				1 cap	
Pure encaps. Mg Glycinate		3 caps				3 caps	Replace D4H
Pure encaps. Liposomal Glutathione						1 cap	
Rn Labs Calcium d-glucorate						1/2 tsp	
RN Labs Folinic acid		3 caps					
RN Labs sublingual hydroxy B12		2 chewable					
RN Labs Iodine/tyrosine	2 caps						
Researched Nutritionals Curcumin Pure		2 caps				2 caps	Skip every 4th day
Researched NUtritionals Inflaquel		2 caps				2 caps	With or without food
Thorne Quercenase		1 cap				1 cap	
Designs for heath probiotics		2 caps				2 caps	Post doxycycline for one month
Wild C		1 tsp					