



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Britney Robson 3/8/22

Diet recommendations

- Guar gum - add a tsp to your Nuut shake, helps grow your baby microbiome (PHGG in vital.ly cart)
- Increase your cooked cruciferous veggies try to eat every day, 1 cup a day to support oestrogen clearance
- Gentle detox up to 2 days before transfer - skin brushing, epsom salt baths, infrared sauna 30-40min max drink coconut water while in there and no shower until 45min after sauna

Assessments/referrals

- Ask Bill if you can do 50% prometrium and 50% progesterin post transfer vaginally
- Send Alex DMSA challenge results

Other





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Vaginal Microbiome

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Lifespace Womens Microflora		1 cap					Use as pessary
Lactulose syringe						1 syringe	Buy at pharmacy
Biomedica Femex Forte		1 cap				1 cap	Take orally

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

Day to Day Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Rn Labs Folinic Acid		4 caps					
Biomedica Pure liposome B12		2 droppers					
Interclinical MolyZinc						1 cap	Finish up
Biomedica Mag Duo		1 scoop				1 scoop	
Bodybio eLyte		2 capfuls					In water
Pure Encapsulations Glutathione		1 cap				2 caps	
Pure Encapsulations Ashwaganda		2 caps				2 caps	
Researched Nutritionals Infla Quell	2 caps				2 caps		
Researched Nutritionals Curcumin Pure		2 caps				2 caps	
Bioclinic Naturals Ubiquinol 300mg		2 caps					
Thorne Resveracel						1 cap	FX MED
Thorne Research D3 5000IU						1 cap	1x week
Bioclinical Natural s Lipomichel Quercetin		1 cap				1 cap	
RN Labs iodine/tyrosine	2 caps	1 cap					vital.ly

Finish up inositol, Thyrestore, Molyzinc & take Hydrozyme when needed

*** Stop all of your supplements 3 days before the IVF egg collection and 2 days before transfer ***