



**ALEXANDRA MIDDLETON**  
NATUROPATHIC NUTRITIONIST

**TREATMENT PLAN - Elena Domenici 28/4/22**

**Diet recommendations**

- See updated pregnancy sheet attached
- Include betaine foods into your diet when possible: beans, quinoa, sweet potato, turkey, amaranth

**Assessments/referrals**

- See your GP. Show them the Nutripath results (positive for Bacterial Vaginosis). Ask for Topical Cindamycin OR topical metronidazole which is pregnancy safe. Follow up this treatment with BV protocol listed below for one month.
- Retest Vaginal Microbiome profile 8 weeks post topical antibiotics.

**Other**

- Repro Lifestyle sheet - check off as many as you can at home
- For sinus congestion: <https://www.amazon.com.au/Xlear-Sinus-Nasal-Spray-Xylitol/dp/B000M4W2E6>

**Supplements**

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Rn Labs Bioactive B complex		3 caps					
Rn Labs iodine/ tyrosine	2 caps						
Biomedica Pure Liposome B12		2 droppers					
Bioclinical Iron						1 chewable	Stop while sick
Bioclinical Naturals D3/K2						4 gelcaps	
RN Labs Zinc Picolinate						2 scoops	
Rn Labs Lysine		1 tsp					
Orthoplex Bioactive Lipids		1 cap				1 cap	
Biomedica NAC	2 spoons		2 spoons				Will help mucous
Biomedica C Max				1 tsp			When needed
Biomedica Mag Duo		1 scoop				1 scoop	
Eagle CalMag complete						2 caps	
Bioclinical Naturals Ubiquinol 300mg		1 cap					



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**BV protocol (for 8 weeks post antibiotics)**

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Dr Wolf Vagisan (vaginal application)						1 applicator	After antibiotics finished; 10 days
Intra-vaginal Lactulose (plain, unflavoured)							Buy from any pharmacy; used plastic syringe to insert it in post shower 2 weeks; use tsp worth of lactulose
Lifespace Microflora Probiotics (vaginal application)		1 pessary				1 pessary	After Dr wold completed; insert cap into vagina like tampon for 1 month
Biomedica Femex Forte		2 caps		2 caps		2 caps	Oral ingestion 8 weeks

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

(Also available at chemist warehouse)

<https://www.chemistdirect.com.au/catalogsearch/result/?q=vagina+lactulose>