



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - JENNIFER CASPARI 7/12/21

Diet recommendations

- Diet - continue Vegan, GF and amines where you can

Assessments/referrals

- Talk to family physician - ask for "deep endometrial scan" with bowel prep; email [endofound.org](mailto:info@endofound.org) if you can't find a good sonographer for a potential referral (name)
- Ask Dr to check you for Ureaplasma and Mycoplasma PCR; ask about 100mg Prometrium

Other

- DrTungs REJUV for gyms - use it every day along the gum line
- See attached for info on SOMA plate - Alex will come back to you re American manufacturer

Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
RN Labs Folinic Acid		3 caps					vital.ly
Biomedica Pure liposome B12		2 droppers					vital.ly
Bioclinical Naturals D3/K2						4 gelcaps	vital.ly
RN Labs Iodine/ Tyrosine	1-2 caps						vital.ly
Thorne Pepsin & HCL		1 cap		1 cap		1 cap	
Metagenics Calcium DG						1/2 tsp	vital.ly
Pure encapsulations Mag Glycinate		2 caps				2 caps	See below
Thorne Seleniomethionase						1 cap	See below
Thorne Zinc Picolinate						2 caps	
Pure Encapsulations Liposomal Glutathione						2 caps	
Bodybio PC						1 cap	
Bioclinic Naturals Quercetin Lipomicel		1 cap				1 cap	
Thorne Berberine 500		1 cap				1 cap	
Bioclinic Naturals Ubiquinol 300mg		1-2 caps					
Mediherb Chaste Tree						1-2 tabs	Start low, vital.ly
Body eLyte		1/2 cap					
Thorne Modified citrus pectin		1/2 scoop					