



alexandra middleton
nutritionist

6/3/13

Katie
Barger

- Diagnosis -> endometriosis on ultrasound (rectal)
 - > 5cm ovarian cyst L ovary
 - > Fibroids.
 - > bladder prob stops wetting bed @ Bys.
- Clots in middle + end of cycle.
- Gas with Nalads
- Drinking rice protein berry green smoothies
- Lost 3kg w Chris going gluten free
- Acid reflux w Proton??
- Dr said no garlic, fish oil,
- Needs aromas Energy X.
- Send Qi Gong link.

~~Metagenics~~ Metagenics

1. - Gynocleen

2. - Estrofactin

3. - Meta 1-3-C } to go together
for methylation support

4. Fish oil