



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Kritika Gupta 6/9/22

Diet recommendations

- Continue GF, corn free and cow dairy free as much as possible
- Recipe suggestion booklets attached
- Nuut shakes - aim to have one every morning before 9am: <https://nuut.com.au/products/paleo>
Discount code = ALEXM15.
- Eat foods containing resistant starch daily. You may react to these but even a teaspoon of one a day would be beneficial. These foods will be used by your butyrate producing bacteria to produce more butyrate therefore will diversify and strengthen your microbiome and immune system. Resistant starch is found in cooked and cooled potatoes, rice, pasta (pref GF), legumes,, soaked overnight (not cooked) oats. Try to ensure you have at least one of these foods every day.

Assessments/referrals

- Later on - GP Referral for "deep endometrial ultrasound" at Womens Ultrasoundcare Centre St Leonards; when you get to clinic and do
- Sydney Holistic Dental Surgery - Dr Yin Yin Teoh 02 9221-5800

Other

- Reproductive Lifestyle sheet - continue to implement changes

Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Ancient Lakes C + salts		1 tsp					In water, tastes salty
Biomedica Pure Liposome B12		2 droppers					
Bioclinical Naturals Ubiquinol 300mg		2 caps					
RN Labs Folinic acid		3 caps					
Biomedica Thyrestore		1 cap				1 cap	Replaces Thorne Selenium (1cap/day)
Pure Encapsulations Glutathione						2 caps	
Pure Encapsulations Mg Glycinate		3 caps				3 caps	



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Vaginal Microbiome Protocol for candida/vaginal pH (8 weeks then review - pause all during period)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Vaginal lactulose		Instructions below					3x a week for 3 weeks at night in shower on days you know you aren't having sex
Lifespace Womens probiotics		1 pessary					

Pessary = insert into the vagina (like a tampon)

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

Instructions for vaginal prebiotics= lactulose, which comes in a liquid form from the pharmacy. An intravaginal application consists of 2ml of lactulose syrup mixed well with 8ml filtered, warm water. Apply this via a plastic syringe (also from the pharmacy) nightly for a week, then three times a week for 3 weeks.