ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN -15/3/22 Madi Gillespie

Diet recommendations
- Continue amine free, GF and DF

Assessments/referrals
- N/A

Other
- Talk to Dr Abbott about potentially swapping the Amitryptline for Lyrica
- Hair growth serum serum and shampoo: https://vegamour.com
- Email Alex just before you finish iodine + zinc
- Stop the Vitex (chaste tree) for now, see if it improves next period
- Work on chewing for digestion
- Finish off Oestrosense, see if you feel any difference

Vaginal Pessary

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Lifespace Microflora Probiotics		1 cap				1 cap	Insert into vagina

https://www.chemistwarehouse.com.au/buy/87323/life-space-womens-microflora-probiotic-60-capsules

GI protocol (8-12 weeks)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
98alive		2 caps				2 caps	
Orthoplex Hydrozyme	1/2-1 tab				1/2-1 tab		

*** Jane will give you TCM herbs to drink which should improve your pain, energy and bloating ***

Supplements (day to day)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
PHGG		1 tsp					
Prometrium 100mg						1 gelcap	3rd week - orally 4th week - vaginally, stop a few days before period
RN Labs Lysine						1 tsp	
Metagenics CDG						1/2 tsp first half cycle; 1 tsp second alf cycle	Pause in first week cycle
Biomedica PEA		1 spoon		1 spoon		1 spoon	Trial
Biomedica Pure lip B12		1 dropper					
RNLabs Folinic acid		3 caps					
RN Labs iodine/ tyrosine	2 caps						
Bioclinic Naturals Ubiquinol 300mg		1 cap					
Bodybio eLyte		2 caps					
RN Labs Quercesorb		2 caps				1 cap	
Pure Encapsulations Mg Glycinate		2 caps				2 caps	FX Med
Thorne research Zinc Picolinate 25mg						2 caps	FX Med
Researched Nutritionals Inflaquell						3 caps	FX Med
Researched Nutritionals Curcumin Pure					3 caps		FX Med
Pure Encapsulations Liposomal Glutathione caps						2 caps	FX med, to replace trifortify