



**ALEXANDRA MIDDLETON**  
NATUROPATHIC NUTRITIONIST

**TREATMENT PLAN - Madi Gillespie 30/8/22**

**Diet recommendations**

- Continue DF, GF & amine free but relax on non-triggers in small amounts

**Assessments/referrals**

- N/A

**Other**

- Talk to Dr Abbott about surgery
- Check out Dr Joe Dispenza - books + morning/evening meditations
- Gaia channel - Bruce Lipton, Dr Joe Dispenza series and Documentary; "What the Bleep" (watch extended version) on Gaia
- Continue castor oil packs 3x a week even when not in pain
- Migraine - peppermint oil bane of neck, temples, chest, in bath
- Ovaries - rose oil 3%
- Pelvis and lower back - clary sage, coriander seed oil
- Number 1 priority - list of things that are draining you (and how you can cut them out), and what gives you energy (and how you can do more of it); then when you are sick/in pain think about what your illness is trying to tell you - but - I you are in too much pain etc for that, distract yourself with ANYTHING that gives you comfort that isn't unhealthy.

**Vaginal Pessary**

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

**Prescriptions/Chinese herbs**

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Amitryptline 15mg						As directed	
Prometrium 100mg						1 gelcap	3rd week - orally 4th week - vaginally, stop a few days before period



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## Supplements (day to day)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
PHGG		2 tsp					Into shake
RN Labs Lysine						1 tsp	
Metagenics CDG						1/2 tsp last week of your cycle	Pause in first week cycle
Biomedica PEA		1 spoon		1 spoon		1 spoon	This or CBD
Biomedica Pure lip B12		1 dropper					
RNLabs Folinic acid		3 caps					
RN Labs Niacinamide B3		1 cap					
RN Labs iodine/ tyrosine	3 caps						
Bioclinic Naturals Ubiquinol 300mg		1 cap					
Bodybio eLyte		1 capful					
Ancient Lakes C + mineral salts		1 tsp					Not in shake
Bioclinical Naturals Lipomicel Quercetin		2 caps				2 caps	Replaces Quercesorbe
Pure Encapsulations Mg Glycinate		3 caps				3 caps	FX Med
Researched Nutritionals Inflammation		2 caps				2 caps	FX Med
Researched Nutritionals Curcumin Pure		2 caps				2 caps	FX Med
Pure Encapsulations Liposomal Glutathione caps						2 caps	FX med, to replace trifortify

**\*\* Finish up SB Pro + GI Revive\*\***