



**ALEXANDRA MIDDLETON**  
NATUROPATHIC NUTRITIONIST

**TREATMENT PLAN - Imogen Harper 7/4/22**

**Diet recommendations:**

- Continue Df and GF
- Add in a cup of organic chicken bone broth whenever you can
- Nuut shake once a day, pref first thing in the morning but also good for snacks: <https://nuut.com.au/collections/nuut-blends/products/nuut-daily-balance-blend>

**Assessments/referrals:**

- See Jane Lyttleton in paddington for Chinese herbs - ph 9332 1622

**Other:**

- Integrated vet in Mona Vale - <https://www.healthypetsnaturally.com.au>
- Consider shower filter @ Sydney Water Shop (ask for discount as my client)
- New skin cream: [https://au.facetheory.com/products/glycomide-body-cream-with-9-glycolic-acid-cranberry-seed-oil-and-ceramide-3?\\_pos=3&\\_sid=585fb9ed3&\\_ss=r](https://au.facetheory.com/products/glycomide-body-cream-with-9-glycolic-acid-cranberry-seed-oil-and-ceramide-3?_pos=3&_sid=585fb9ed3&_ss=r)
- Send Alex MRI report

**Vaginal Pessary (8 weeks post antibiotics)**

| SUPPLEMENTS                           | BREAKFAST |                  | LUNCH  |       | DINNER |                  | NOTES |
|---------------------------------------|-----------|------------------|--------|-------|--------|------------------|-------|
|                                       | Before    | After            | Before | After | Before | After            |       |
| Lifespace Womens Microflora Probiotic |           | 1 cap as pessary |        |       |        | 1 cap as pessary |       |

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



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## Day to day Supplements

| SUPPLEMENTS                               | BREAKFAST |                    | LUNCH  |       | DINNER |        | NOTES                                            |
|-------------------------------------------|-----------|--------------------|--------|-------|--------|--------|--------------------------------------------------|
|                                           | Before    | After              | Before | After | Before | After  |                                                  |
| Rn Labs Methyl Guard                      |           | 1 tab              |        |       |        |        |                                                  |
| Orthplex Folinic acid                     |           | 1-2 caps           |        |       |        |        | Only after you have tried the Methyfortify alone |
| Rn Labs Niacinamide                       |           | 1 cap              |        |       |        |        |                                                  |
| Biomedica Pure liposome B12               |           | 1 dropper          |        |       |        |        |                                                  |
| Orthoplex Hydrozyme                       | 1 tab     |                    |        |       | 1 tab  |        |                                                  |
| Thorne Zinc Picolinate                    |           |                    |        |       |        | 1 cap  |                                                  |
| Bioclinic Naturals Ubiquinol 300mg        |           | 2 caps             |        |       |        |        |                                                  |
| RNut Curcumin Pure                        |           | 3 caps             |        |       |        | 3 caps |                                                  |
| Mediherb Chaste Tree                      |           |                    |        |       |        | 1 tab  |                                                  |
| Biomedica Thyrestore                      |           | 2 caps             |        |       |        | 1 cap  |                                                  |
| RNut Inflaquell                           |           | 3 caps             |        |       |        | 3 caps |                                                  |
| Pure Encapsulations Mg Glycinate          |           | 3 caps             |        |       |        | 3 caps |                                                  |
| Pure Encapsulations Liposomal Glutathione |           |                    |        |       |        | 2 caps |                                                  |
| Bioclinical Natural Lipomicell Quercensae |           | 1 cap              |        |       |        | 1 cap  | Replaces Quercesorb                              |
| Thorne Vitamin D 5000 IU                  |           |                    |        |       |        | 1 cap  | Once a week                                      |
| Biomedica Liposomal Vit C                 |           | 1 tsp              |        |       |        |        | When needed                                      |
| PHGG (guar gum)                           |           | 1/2- 1 tsp         |        |       |        |        | In food or shake                                 |
| Bodybio eLyte                             |           | 2 capfuls in water |        |       |        |        |                                                  |

NB: Finish up Molyzinc, RN Labs iodine Tyrosine, Selenium