



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Beth Young 31/5/22

Diet recommendations

- Nuut shakes - take when travelling
- Botanika blends - vegan protein bar (hazelnut) - take for travel

Assessments/referrals

- Book in with Prof William Ledger at City Fertility clinic (Circular Quay)
- Kim O'Brien ph 0438 000 511

Other

- See updated pregnancy sheet
- Ottelenghi's deli - Notting Hill

Pessary

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Lifespace Probiotics		1 cap					
Biomedica Allimax						1 cap	4 weeks
2ml Lactulose intravaginal application							See above for instructions; 3 weeks maximum



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Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Biomedica SB Pro		1 cap				1 cap	
Biomedica Femex Forte		2 caps				2 caps	
RN Labs Lysine		1/2 tsp				1/2 tsp	
RN Labs Sublingual B12		2 lozenges					
Rn Labs Folinic Acid		4 caps					
Rn Labs Niacinamide		1 cap					
Bioclinic Naturals Ubiquinol 300mg		2 caps					
RN Labs iodine/tyrosine	2 caps						
Researched Nutritionals Curcumin Pure						3 caps	
Researched Nutritionals Inflaquell					4 caps		
Pure encapsulations Magnesium Glyincate		3 caps				3 caps	
Pure encapsulations lipsomal Glutathione						2 caps	
Bodybio eLyte		2 capful					
Thorne Selenomethionase		1 cap					
Thorne Zinc Picolinate						1 cap	As you feel
Guar Gum (PHGG)		2 tsp					In shake

Red = on holiday