



## ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

### TREATMENT PLAN - Beth Young 7/3/22

#### Diet recommendations

- Nuut shake once a day, pref first thing in the morning
- See pregnancy diet sheet for pregnancy recommendations

#### Assessments/referrals

- Talk to specialist re abx for ureaplasma (Studies below)

#### Other

- Avoid all hot baths, epsom salts, saunas etc
- 2ml of lactulose syrup (from pharmacy) mixed well in 8ml of boiled/cooled, filtered warm water applied via clean plastic syringe you can buy from chemist. Do this for 2-3 x a week in shower for 3 weeks.
- Other egg quality nutrients - you can ask the immunologist for a script for low dose melatonin which may be helpful; also inositol and ALA is helpful for egg quality for women with PCOS but fertility specialists like to give it to everyone (I don't think you need the latter two yet, just so you know)

#### Studies

1. <https://pubmed.ncbi.nlm.nih.gov/33398853/>
2. <https://pubmed.ncbi.nlm.nih.gov/30498048/>
3. <https://pubmed.ncbi.nlm.nih.gov/20706675/>
4. <https://pubmed.ncbi.nlm.nih.gov/23796000/>
5. <https://pubmed.ncbi.nlm.nih.gov/24849820/>

From my anecdotal experience (not research based), 7 days of abx does not clear as much as the infection as 21 days does. In the research you can find 21 day protocols of doxycycline research for ureaplasma associated issues like non gonococcal urethritis and prostatitis. Some even for cervicitis. There is also research looking at azithromycin taken over 3 weeks at dosed intervals being comparative to doxy 21 days. Some practitioners will use an azithromycin bomb followed by doxycycline which comes from protocols for Chlamydia.

#### 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 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		1 cap		1 cap			
RN Labs iodine/tyrosine	2 caps						
Researched Nutritionals Curcumin Pure						3 caps	
Researched Nutritionals Inflaquel					4 caps		
Pure encapsulations Magnesium Glycinate		3 caps				3 caps	
Biomedica VegNAC	2 caps		2 caps				
Pure encapsulations lipsomal Glutathione						1 cap	
Bodybio eLyte		2 capful					
Metabolic Maintenance Cal/Mag Plus with Vitamin D and Vitamin K-2 M7						4 caps	Fx Med
Thorne Selenomethionase		1 cap					
Thorne Zinc Picolinate						3 caps	

\*\*\*Pause Iron for now until pregnancy\*\*\*