



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Beth Young 14/12/21

Diet recommendations:

- Continue low amines (histamine), GF eating
- Nuut shake once a day, pref first thing in the morning
- See pregnancy diet sheet for pregnancy recommendations

Assessments/referrals:

- Manly acupuncture - <https://www.thefertilitysuite.com.au/about>. (Jenna - check out her IG page)
- Also for acupuncture: Marienne Cox mariennecox@gmail.com
- GP / Specialist - check hCG, check progesterone & thyroid antibodies; ask about Prometrium 100mg - take 200mg twice a day vaginally OR Prometrium 200mg vaginally at night AND Utrogestan 200mg in the morning; ask about another two weeks of doxycycline or/and azithromycin as that is the common length of time to take it in pregnancy with a history of miscarriage.

Vaginal Pessary (8-12 weeks)

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>



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Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Biomedica Femex Forte		1 cap				1 cap	For 12 weeks; when on holiday take the Microflora Probiotic and take at same dose orally as well
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						Start at 1 and slowly increase to 2
Researched Nutritionals Curcumin Pure						3 caps	
Researched Nutritionals Inflaquell					4 caps		
Pure encapsulations Magnesium Glyincate		3 caps				3 caps	
Pure encapsulations lipsomal Glutathione						1-2 caps	
Bioclinic Naturals Chewable Iron						1 tab	
Bodybio eLyte		2 capful					In water to sip during day
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	Replaces Metazinc once you have run out, same dose

Red = priority post surgery



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