



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Beth Young 18/1/22

Diet recommendations:

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

Assessments/referrals

- Ask Prof Cooper for Vaginal PCR swab with Histopath to check ureaplasma is all in the clear - if he can't do email Alex for Nutripath retest.
- Blood request for GP _ non-rebatable DHM for to check nutrients

Other

- Avoid all hot baths, epsom salts, saunas etc during pregnancy
- Stop pessary for remainder of pregnancy - you can take the probiotics orally instead.

Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Biomedica Femex Forte		1 cap				1 cap	
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 Inflaquell					4 caps		
Pure encapsulations Magnesium Glycinate		3 caps				3 caps	
Pure encapsulations liposomal Glutathione						1-2 caps	
Bioclinic Naturals Chewable Iron						1 tab	
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	