



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Bianca Smuts 16/9/22

Diet recommendations

- Replace coffee monday-friday with earl grey - steep it for 5min before drinking; matcha and organic green tea, roobos, dandelion are the best options
- Nuut shakes - aim to have one every morning before 9am: <https://nuut.com.au/products/paleo>
Discount code = ALEXM15. ; 2/3 water, 1/3 nut milk (Bruce unsweetened almond milk)

Assessments/referrals

- GP/Professor Ledger - ask for 100mg Prometrium, to take after ovulation: week 3 - take it orally every night at 7.30pm; then in week 4 insert it vaginally daily every night before bed and stop it 3 days before expected period UNLESS you think you might be pregnant, in which case get a blood HcG first (see attached form)
- Retest for ureaplasma - must be a PCR swap for both of you; GP can organise vaginal PCR swab with Histopath OR a repeat Nutripath vaginal microbiome profile

Other

- <https://learnrenxue.org/learn-from-yuan-tze/>
- <https://drjoedispenza.com>
- Kim O'Brien - 0438 000 511, pattern counsellor
- Reproductive Lifestyle sheet - go thru and make swaps one by one to minimise your toxic exposures

Supplements

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Bioclinic Naturals Ubiquinol 300mg		2 caps					
Bodybio eLyte		2 capfuls water during day					FX Med
Thorne D3 5000IU						1 cap	FX Med
Metagenics Energy X		2 scoops		1 scoop			
Pure encaps. Liposomal Glutathione						2 cap	
Researched Nutritional Curcumin pure		1 cap				1 cap	
RN Labs liposome B12		2 droppers					
Rn Labs Folinic Acid		3 caps					



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GI protocol (8 weeks)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Thorne Berberine 500		1-2 caps				1-2 caps	FX Med
Orthoplex GIT Immunobiotic		1 tsp				1 tsp	
Bioceuticals Ultrabiotic 45		1 cap				1 cap	
Lactulose 15ml	15mls						For constipation, from pharmacy
Guar Gum PHGG		1 tsp				1 tsp	In shake/water

Vaginal pessary

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Lifespace womens probiotics	1 cap						Insert into vagina like tampon

<https://www.lifespaceprobiotics.com/products/womens-microflora-probiotic>

Supplements for Yas

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Bioclinic Naturals Ubiquinol 300mg		2 caps					
Thorne Zinc Picolinate 30mg						2 caps	FX Med
Pure encaps. Liposomal Glutathione						1 cap	
Rn Labs Bioactive B		2 caps					