



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Nikki Teo 7/6/22

Diet recommendations

- Warm water and lemon (not ACV)
- Avoid gluten for now - see sheet for guidance
- Nuut shakes - aim to have one every morning before 9am: <https://nuut.com.au/products/paleo>
Discount code = ALEXM15.
- Eat foods containing resistant starch daily. You may react to these but even a teaspoon of one a day would be beneficial. These foods will be used by your butyrate producing bacteria to produce more butyrate therefore will diversify and strengthen your microbiome and immune system. Resistant starch is found in cooked and cooled potatoes, rice, pasta (pref GF), legumes,, soaked overnight (not cooked) oats. Try to ensure you have at least one of these foods every day.

Assessments/referrals

- Blood work - take GP referral letter for blood work days 2 + 21 of cycle; please ask them to cc in "Alexandra Middleton Nutritionist" at Douglass Hanly
- Antibiotics: doxycycline 100mg orally BID for 14 days for ureaplasma; azithromycin for mycoplasma - 500mg BID first day, 500mg q.d. on day 2, 250mg q.d. on days 3-5 <https://academic.oup.com/cid/article/48/12/1655/320025>
- BV: topical Metronidazole for the BV 1.3% gel for 7 days

Other

- Send Alex diet diary (1 weeks worth)
- Reproductive lifestyle sheet - follow and implement where possible
- Luca - needs PCR swab to test for ureaplasma /mycoplasma before starting antibiotics (Histopath?)
- Sulphur ointment mixed in with Facetheory: <https://www.amazon.com.au/Cruz-Sulfur-Ointment-Medication-2-6oz/dp/B00H5UP96I>

<https://au.facetheory.com/products/lumizela-a15-azelaic-acid-serum>

Supplements (day to day)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
RN Labs Lysine		1 tsp					Put in shake
Pure encapsulations Magnesium Glycinate		2 caps				3 caps	Everything
Pure Encapsulations liposomal Glutathione						1 cap	Liver support

NB: Alex will order Panaxea for you



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GI protocol (8-12 weeks)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Thorne Berberine 500		1-2 caps				1-2 caps	Anti-bacterial
Panaxea Antibiotobotanicals		1-2 caps				1-2 caps	Anti-bacterial
98alive		1- 2 caps				1-2 caps	Anti-bacterial/ fungal
Orthpplex GIT Immunobiotic		1 tsp				1 tsp	In water

NB: Pause berberine, Panaxea and 98alive while taking any antibiotics

Vaginal microbiome protocol (2 months)

SUPPLEMENTS	BREAKFAST		LUNCH		DINNER		NOTES
	Before	After	Before	After	Before	After	
Doxycycline/azithromycin combo (as above)		As directed					2 weeks, your dad will guide you
Topical Metronidazole 1.3% gel						1 applicator before bed	7 days, then start Dr wolf below
Dr Wolf Vagisan (lactic acid pessary)						1 pessary before bed	7 days, then start Liespace
Liespace probiotic for women		1 capsule				1 capsule	Insert into vagina like tampon, continue 2 months
Biomedica Femex Forte		2 caps				2 caps	Take orally, needs fridge, continue 2 months (same time as liespace)

<https://drwolffsvagisan.com.au/products/dr-wolff-s-vagisan-lactic-acid-7-pessaries>

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