



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Vera Zadnivoproska 4/4/22

Diet recommendations

- Continue amine free, NUUT shakes
- Dandelion root tea - for liver detox and gallbladder support (fat digestion)

Assessments/referrals

- Dr Cameron White - Tooth removal AND PRF therapy at Hornsby or at SHDS

Other

- Prometrium 100mg - take from ovulation until approx. 2 days before expected period - 2 ways of doing it:
 1. Take. It orally, one hour before bed
 2. If orally makes you zombie-ish, take orally in week after ovulation then vaginally week prior to period - makes sure again to stop 2 days before expected period.

Pessary (6 days a week, 1 rest day; not during period)

| SUPPLEMENTS | BREAKFAST | | LUNCH | | DINNER | | NOTES |
|---------------------------------------|-----------|-------|--------|-------|--------|------------------|-------|
| | Before | After | Before | After | Before | After | |
| Lifespace Womens Microflora Probiotic | | | | | | 1 cap as pessary | |

<https://www.chemistwarehouse.com.au/buy/87323/life-space-womens-microflora-probiotic-60-capsules>

GI protocol

| SUPPLEMENTS | BREAKFAST | | LUNCH | | DINNER | | NOTES |
|-------------------------|-----------|----------|--------|----------|--------|----------|--|
| | Before | After | Before | After | Before | After | |
| PHGG (guar gum) | | 1/2 tsp | | | | | |
| Bodybio PC | | 1 cap | | | | 1 cap | Fat digestion/ gallbladder support |
| Phytaxil | | 2 caps | | 2 caps | | 2 caps | |
| Panaxea Antibiotanicals | | 2 caps | | | | 2 caps | |
| 98alive | | 1-2 caps | | 1-2 caps | | 1-2 caps | Start this once you are feeling ok on above 2 supps |

<https://www.pureformulas.com/liposomal-glutathione-liquid-17-fl-oz-50-ml-by-pure-encapsulations.html>



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Day to Day

| SUPPLEMENTS | BREAKFAST | | LUNCH | | DINNER | | NOTES |
|--|-----------|------------|--------|-------|--------|----------------------------|--------------------------|
| | Before | After | Before | After | Before | After | |
| Toxaprevent satchels | | | | | | 1 satchel OR 5 capsules | Use for histamine flares |
| RN Labs Folinic Acid | | 2 caps | | | | | |
| RN Labs sublingual B12 lozenges | | 2 lozenges | | | | | |
| Bioceuticals Histimmune clear | | 2 tab | | 1 tab | | | |
| Thorne D 5000IUS | | | | | 1 cap | | Once a week |
| Researched Nutritionals Inflaquell | | 2 caps | | | 2 caps | | |
| Basica Active Pure | | | | | | 1 satchel | |
| Metabolic Maintenance Cal/Mag Plus with Vitamin D and Vitamin K-2 M7 | | | | | | 2-3 caps | |
| Thorne Selenomethionine | | 1 cap | | | | | |
| Thorne Zinc Picolinate 25mg | | | | | 2 caps | | |
| Pure Encapsulations Liposomal Glutathione | | | | | | 1 cap | Detox; replaces NAC |
| Naturals Ubiquinol 300mg | | 2 caps | | | | | |
| Thorne Quercenase | | 1 cap | | | | 1 cap | |
| RN Labs Iodine/tyrosine | 2 caps | | | | | | |