



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

TREATMENT PLAN - Vera Zadnivoproska 8/12/21

Diet recommendations

- Continue amine free, NUUT shakes

Assessments/referrals

- Prof William Ledger at City Fertility to discuss potential laparoscopy/fertility assistance
- Nutripath Microbiome Map - retest

Other

- Clary sage oil into your belly and sacrum once a day + castor oil packs 2x week
- Skin brushing, epsom salt salt baths (1 cup, organic epsom salts); infrared saunas 3x week, drink water with Basic Activ OR organic coconut water) in it as you sweat

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>



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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	Right before bed as far away from food as possible
Mediherb Chaste Tree (Vitex)	1/2 tab						
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		
Orthoplex N-acetyl cysteine		1-2 spoon		1-2 spoon			Start low & slow; replaces glutathione
Basica Active Pure						1 satchel	
Metabolic Maintenance Cal/Mag Plus with Vitamin D and Vitamin K-2 M7						2-3 caps	
Basica Activ Pure					1 satchel		
Thorne Selenomethionine		1 cap					
Thorne Zinc Picolinate 25mg					2 caps		
Naturals Ubiquinol 300mg		2 caps					
Thorne Quercenase		1 cap				1 cap	
RN Labs Iodine/tyrosine	2 caps						

Pause supplements 2 days before Microbiome Map sample