



## Robert Fakes

Initial Naturopathic Consultation

<b>Practitioner</b>	Kit Tomlinson
<b>Appointment</b>	10 Jul 2023, 10:00AM
<b>Created</b>	10 Jul 2023, 9:34AM
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### Presenting complaint (8 Cardinals)

IBS

Pain bloating, diarrhea. mostly diarrhea.

will starve for a day before needs to do long drive. will get constipated after this.

one good day a week. rest are bad.

trying to figure out all life, doesn't make sense.

when lived in glen Innes, could control better. lived and worked near.

stressful, dictates life.

worse after processed foods. has recently gone lactose free which helped initially.

GF for a year, not sure if has helped.

feels like there is no pattern.

gas in the AM.

no blood or mucus. no undigested food.

razor blade feeling when passing stool (only when really bad).

sharp pain in gut occasionally. knows bout of toilet time will come.

has stopped eating dinner recently. this has helped.

the less eats, the better. gets 'mind bending craving for food'.

bread is the worse.

sourdough is a bit better. can only have 1 slice.

nausea due to stress and fatigue. finds gut issues exhausting. get to work at 10am and is already exhausted.

sleep is good now. used to only sleep for 2 hours at a time.

mirtazapine - if doesn't take doesn't get any sleep.

9pm-6 am sleep.

5/10 energy in AM. takes a lot to get going.

stays around this level. Used to have abundant energy. never fatigued.

energy drops to 2/10 in the evening.

## Complaint history

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### Digestive System

bit of pork and chicken but mostly fish.

Breakfast:

cup of tea

morning tea:

salad sandwich (bread is an issue)

leftovers

snack: bread and vegemite.

Dinner 3pm:

fish and salad.

cravings:

bread

salty - GF chips.

chocolate occasionally.

drinks bourbon every night. 1-2. Was recently having 3-4. lemonade mixer.

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### Endocrine System

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### Nervous System

stress 7-8/10. has felt all their life. been in the same industry since 20. stressful job.

anxiety - panic attack once very couple weeks. has to tap out to cope.

over thinks. makes anxiety worse.

short fuse - shuts down when too stressed. every other day gets angry.

depressed - couple times a week.

if feels down - throws self into work. but lately feels too exhausted to do that. didn't leave house on day off, got down too much.

mirtazapine for 7 years.

ARTHRITIS:

osteo arthritis - unsure if it is rheumatoid?

osteo-panadol for a while. now only takes CBD oil. helps the best.

ankles, knees, hips, elbows and wrist, back.

broke ankle 10 years ago. not sure why it broke. just snapped while walking. No Cartlidge in R knee.

hemochromatosis - iron above 500.

went on iron free diet brought down to 300. has given blood to also help.

fish and vegetable diet.

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**Medical history**

natural birth. breast fed. went onto a double mix formula - reckons this began gut issues.  
chicken pox etc.  
asthma in primary school.  
psoriasis on head. since 20s. used to come down into temples.  
glandular fever, pleurisy. in 40s and 50s.  
catches colds and flus very easily and gets it bad.  
had a flu that took 3 month to get over. lung infections and ear infections. had twice.  
covid - felt like flu, cough.  
recurrent tonsillitis. coughs up blood.  
antibiotics for the flu a lot.  
ears were bleeding on the pillow every night when had bad flu.

SOB a lot. can't do strenuous exercise.  
weight fluctuates dramatically. will go up and down 10kg in a month.

surgery on broken ankle. screws and metal plates.

cholesterol is high. HR is high,  
ECG revealed weak valve and hole in heart. is getting endoscopy for heart issues. has  
severe tachycardia.  
feels blood in head pumping.  
tinnitus constantly. louder than radio in the car. tinnitus is worse for driving.  
has always struggled with cardio.

Mum- Alzheimer's passed. breast cancer, full recovery.  
Father- blood thinners. issues with legs, can't walk. swollen, sores.  
whole family buns candle at both ends. big on sports.  
M grandfather- throat cancer  
M grandma - died 60 of heart attack.  
Son - 38 has bad back and joint issues. stomach issues.  
daughter - hole in heart.  
sister - very healthy and fit.

cold hands and feet. when feet are cold makes arthritis worse.  
dry skin. slow turgor.

has pulled metal out of eyes a lot.

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**Medication**

mirtazapine  
CBD oil  
blood thinners - Eliquis 1 day. supposed to take 2.

aspirin?

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### Assessment

slow capillary refill. dry skin. slow turgor.

BP - 130/104

HR - 92

knows when is high because gets tunnel vision and migraines.

tongue - slight white coating and central crack.

88kg

66 yo M, presenting with severe IBS (constant diarrhea and bloating). Fatigue 5/10, anxiety, stress and depression daily. Feels at a loss from where to go from here. feels like all foods cause IBS symptoms so often avoids eating. Has a weak immune system, catches colds and flus easily which take months to recover from. has psoriasis on head and has since 20s.

Arthritis all throughout body, manages with CBD oil.

Heart issues - recently detected heart murmur and tachycardia - likely hole in heart and weak valve. Gets SOB easily.

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### Treatment

Gut R

CalmX

Herbal formula:

Rehmannia

Withania

Passionflower

Lemonbalm

Chamomile

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### Treatment plan

Encourage diet completely GF diet. try GF pastas etc.

Avoid drinking excessive amounts of [alcohol](#) – this can increase the level of iron in your body and put extra strain on your liver.

Antioxidant and anti-inflammatory foods handout.

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### Body charts