



## Patient Questionnaire

Kathryn Moloney ND.

**Full Name** Kerry Knott

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**Date of Birth** Wednesday, March 30, 1988

**Occupation** Photographer

**Partner/Next-of-kin + Phone number** 0416015640

### GP /Specialist Details

Dr Devi  
Seaford Day & Night

### Current Supplements + Herbal Medicine

Metagenics Pregnancy & Lactation multi (just weaned 1 month ago) (AM & PM)

Iron Heomagenics advanced (sometimes)

Blackmore vitamin C (AM & PM)

Altar 8 Astraform (Just finished)

(I took a course of probiotics after gastro that Vicky sort for me)

I took some zinc and vitamin D after last cold 6 weeks ago that mum gave me. Interested in more?

**Have you seen a Naturopath before?**

Yes

**If yes, please give details**

Gail Bailey once- Lives at Morphett Vale  
Have had homeopathics from Homeopathics Adelaide-Andrea Borne

**Height** 175cm

**Weight** 67

**Are you happy with your weight? Please give details if you feel comfortable to do so (including disordered eating history)**

Yes. I was 62-65 pre babies so a couple of kgs would be nice but I'm not concerned with weight

**What would you like to achieve from our session?**

Greater energy & immunity! I really struggle with energy (more than usual mothers I believe), often struggle to even go for walks, & often feel dizzy. I feel I get every cold going around, so I would really like to strengthen my immunity.

I have 3.5 & 1.5 year old and feel like I am newly postpartum energy wise!

I got a blood test a couple months ago which dr said everything was normal. I am doing Vic's course & prior to holiday did 3 weeks GAPS diet (I did the spit test from book "Heal your gut" & mine sunk straight to bottom meaning my good/bad bacteria are out of whack.

I have always eaten wheat and dairy but after GAPS I've realized I do feel some discomfort in belly with gluten.

My skin has flared up again with acne since stopping breastfeeding a month ago. My sis and I have always struggled with this. I also have 2 small patches of eczema on shin & rib. I had a lot when I was younger.

Also a note that we had mould issues in our house 2 years ago (when pregnant with 2nd). They said it was gone but just wanted to mention. Just got back for week long holiday in QLD and a couple days in I got a cold! Potential mould in room there.

**Family Health History (Do your parents, grandparents or siblings suffer from or suffered from any of the following?)**

Autoimmune conditions ie. Rheumatoid arthritis

Digestive issues

Food Allergies

Wheat/gluten intolerance

**Please give further details about your family health history**

Dad has arthritis (also we both have hyper mobile joints)

Mum has had chronic fatigue & has digestive issues. Allergic to penicillin (as am I) and abalone

Granddad had heart attack

Sister Vicky (My wholefood hub) has intolerance to gluten

**What past health issues have you experienced?**

Tonsillitis got out

**Do you have any current health issues?**

Not diagnosed, but want to work on my gut/building immunity!

**What are your energy levels on a scale of 1-10 (1 = lowest + 10 = highest) in general?** 5

**How often do you have a bowel movement?**

Once per day

**Is your stool:**

Formed

**Do you experience any of the following digestive symptoms:**

Abdominal pain or cramping

Nausea

**When did you first notice these symptoms? How often do you experience these symptoms and do they come and go or are they consistent?**

Nausea comes and goes and is light. I got severe sickness when pregnant, every now and then I feel like that comes back slightly. Unsure why but not a huge concern.

I have always eaten wheat and dairy but after GAPS I've realized I do feel some discomfort in belly with gluten.

**If you have digestive pain, please describe it (ie. Cramp-like, pain radiating to other parts of**

**your abdomen or to your back, stabbing pain etc.)**

Cramp like. After subway last night at airport for eg.

**Have you been diagnosed with or suspect any of the following?**

Wheat intolerance

**Has anyone close to you had similar signs or symptoms recently?**

Sister eats gf & mum

**Please give further details about your digestive system**

Honestly I've never noticed too much digestive discomfort despite sister and mum eating gf therefore always eaten gluten/wheat. Only since starting Vic's course have i taken more note & sometimes do feel slight cramping.

I think skin ache isn't helped by diary.

End of March I had a gastro (also had last year) since have had 2 colds!

**Please give details of recent and past antibiotic use (Medication, duration, the reason for taking, changes in gut health afterwards). How many times in your life have you used anitibiotics? ie. Never, 1-2 times, 5+ times, 10+ times or 20+ times in your life**

Probably 10 plus times but not for ages now!! I am aware of harm so steer clear. I did have it in labor for 1st labour which I think was last.

**Were probiotics taken after the antibiotics? And if so, what brand and how long were they taken for?**

Yes the mother and baby metagenics for a few months.

**Do you suffer from the following:**

Brain fog

Fatigue

Acne rosacea

Eczema

Food intolerances

Iron deficiency/anemia

**Have you had a gut infection, gastroenteritis or experienced a bout of food poisoning while in Australia or overseas?**

Yes

**How soon after waking in the morning are you hungry for breakfast?**

Often very soon, feel I need food for energy or get dizzy.

**Do you feel sluggish or tired after fatty food (such as fish + chips) or alcohol?**

Yes

**Do you get irritable or shaky (or hangry) after not eating for a while?**

Yes

**If so, how many hours would it take of not eating to feel that way?**

2-3

**Are you susceptible to colds and flu? If so, how regularly do you experience them?**

2 in past 6 weeks :( usually every few months!

**Do you experience any of the following frequently?**

Cough

**Are you trying to conceive? Please give details if so** No

**Are you pregnant or post-partum (< 6 weeks)?** No

**Do you have children? If so, please list their ages and any relevant details**

Jye 3 years 10 months  
Cooper 18 months

2 boys very busy plus lack of sleep

**Are you breastfeeding currently? If so, please give details** Only just weaned at 17 months

**Do you drink alcohol? If so, how much per week** 1-2 someone's non sometimes more

**Do you smoke? Or are you exposed to passive smoke? Please give details** No

**Please outline what you typically eat each day (Breakfast, Lunch, Dinner & Snacks)**

Oats, toast with peanut butter, chia pudding or eggs with mushroom spinach etc

Eggs with mushroom spinach toast, toasted cheese sandwiches, ham salad wrap, broth with egg and veg or soup

Tacos, roast meat and veg, pasta, stew or spaghetti

**Do you exercise? If so, please list type and frequency of exercise**

Very minimal atm would love to do more. Maybe a small walk.

**Do you have any injuries or orthopedic problems (back, knees, etc)?** No

**Do you experience any of the following?**

Anxiety

Stress

Waking at night and find it hard to go back to sleep

Poor memory

Difficulty concentrating

Poor energy levels

**How many hours of sleep do you get each night?** 6-7 give or take often broken.

**What time do you go to sleep at night?** Aim for 9 but often 9:30

**Do you have any other medical condition, injury or anything else I should be aware of that we have not mentioned?** I have just asked for my doc to email me latest blood test so will forward that email onto you asap.

I give permission for my answers to be shared with Vicky Tièche

Yes

Signature

A handwritten signature in black ink, appearing to be 'K. Knol', written over a horizontal line.