

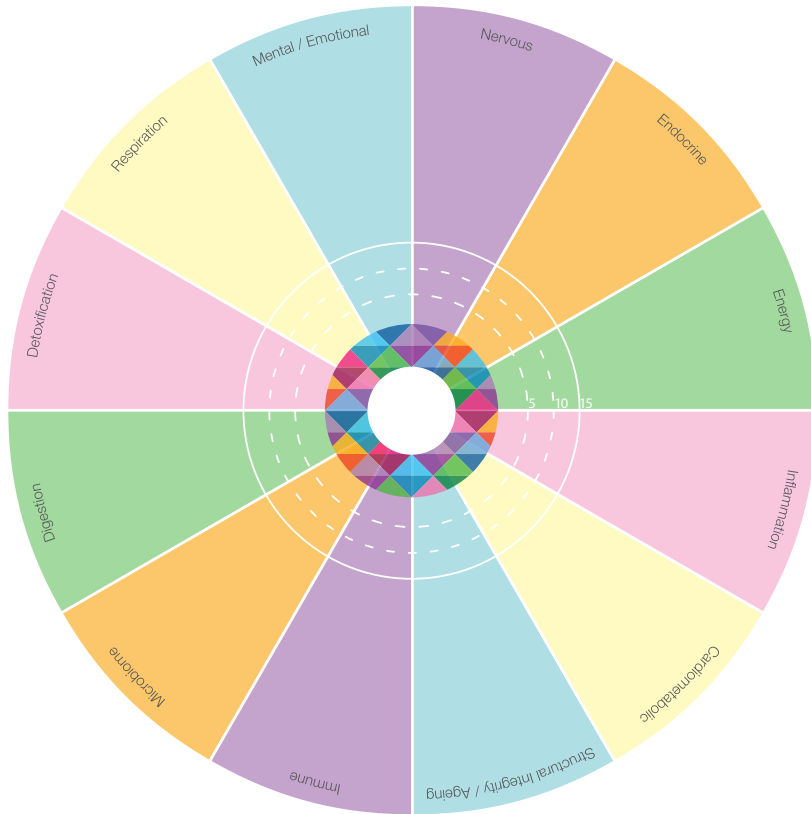


Vitae Mosaic  
NATUROPATHIC FUNCTIONAL MEDICINE

Name \_\_\_\_\_

D.O.B \_\_\_\_\_

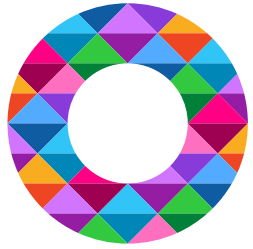
Date \_\_\_\_\_



- Score each symptoms based on your perception of severity.  
1 = Low Priority  
5 = High Priority
- Tally up each segment and plot the dots on the appropriate numbered line.
- Join the dots to determine treatment priority

# Mosaic Spectrum

Mental / Emotional	Nervous
Respiration	Endocrine
Detoxification	Energy
Digestion	Inflammation
Microbiome	Cardiometa-bolic
Immune	Structural Integrity / Ageing



Vitae Mosaic  
NATUROPATHIC FUNCTIONAL MEDICINE

# Mosaic Spectrum (continued)

Name \_\_\_\_\_

D.O.B \_\_\_\_\_

Date \_\_\_\_\_

Diet & Nutrition

Exercise & Movement

Stress

Sleep & Relaxation

Social & Spiritual Connections

Personal Development

Notes:

30/03/22

last 2 years- trying to lose weight. following 5:2 diet last 6month

Energy an issue

Bursitis- walking problematic

Deep water running - helping no pain more energy. Limits exercise

Had Astazenica jab close to three months ago, can get fibromyalgic pain, had one day hot and cold sweats, gradually very tired and worn out/roving aches and pains 5 days.

child: a few kidney infections - a lot, drs said may have had problems in future, none since 20s. Had a lot of antibiotics, at most three major events before age 8 /9yo

Menopause. IVF - 42( not successful) , fertility specialist said menopause prob starting then, still get some hot flushes, esp red wine.

Roseca - 54yo since, still flares up occ, mainly on forehead - gets itchy, crusty skin, Get hot if exercise

Diagnosed with oestopenia - and has improved over last 12 months - some improvements - more movement

Mother: Yrs high BP, carried a bag of pills - medication - antacids, 82yo. Heart, very overweight - obese.

Father: Kidney stones, passing away from ataxia - ? type 9 - sclerosis? 82yo

Hview - platelet aggregation, some oxidative stress, small cells \*, some fibrin, some hypersectorary platelets. fibrin - liver/inflammation.

BP : 142/84. pulse 53, Random BGL 5.7, Weight 80.6kg, Muscle mass 26.1, Water 39%, Fat 52.5% fat, BMI 34.9

Some headaches lately. coffee before 12pm or can't get to sleep. possibly to do with neck, some discomfort in right shoulder. notice it more after exercise.

Some Vertigo with looking up (eg cleaning) / doing yoga.

Sleep: not sleeping as well, lucid dreaming. some dark chocolate? no caffiene.

Retired: no stress

Sept 21

sleep right through, up at 7am. Can handle a later night

Do think are gluten intolerant, can have a small amount if more mucousy, hard to move a stool more mucous than anything, white wine cause cramps.

Occ Bloating

After first visit:

Parex - gave myalgic pain and went off and okay. get same with viral infections, joints and muscles ache, roving pain.

GI Soothe - still taking. Occ take Parex.

Support detoxificaiton and gut health - reduce inflammation

support long term bone health - calcium / k2 and trace minerals

Reduce inflammation - Inflavonoid Intensive care

Treatment

Thermophase Detox: one scoop daily in morning

Parex - start slowly 1 tab 3 - 4 days, then two tabs 3 - 4 days then 3 daily

GI Soothe - one in morning away from Parex

Calcium + k2 - (naturobest - also has 250 mg Mg in from of citrate) - take nightly one hour before bed.

Herbal medicine: Ginkgo 80, Hawthorn Leaves 60, Lime flowers 60: 8ml one daily in water in the morning.

Inflavonoid intensive care: as needed

be aware calories in alcohol. Diet: lots of green leafy vegetables

after first visit: Sept 21

Lost 6 kg over 6month (250g/wk). Seeing Dr, Feeling a lot better, clothes more fitting

BGL 5.

BP 133/77 pulse 51

Support detoxificaiton and gut health - reduce inflammation

support long term bone health - calcium / k2 and trace minerals

Reduce inflammation - Inflavonoid Intensive care

Treatment: Thermophase Detox, Parex, GI Soothe, Calcium + k2, Inflavonoid intensive care, Eat - oily fish

be aware calories in alcohol

24 Jan 2023

Has come in with low eGFR - 53. No leaking of Albumin

Discussed Pathology - electrolytes, high urate,

BP 139/ 81 pulse 52.

Weight 78.4, BMI 31.8, Fat 47.4%, Water 40.5%, Muscle 26.8%

Waist: 95.5, Hips 110cm

Still taking Curcumin Forte, Calcium and Mag, K2

GIT: Bit of bloating occ. If go out to dinner:

Bowels: mucous only if eat too much wheat. Daily 1x Type - 1 after fasting day, non-fasting type 3, weekend type 2 - Religious about water 1.5 - 2 L daily 8 - 10 glasses.

Vit c other Day: very crampy straight after.

Discussed possibility of Complete microbiome testing - as ongoing low grade gut symptoms - could be impacting levels of inflammation and toxicity, and kidney function.

Review bloods and ultrasound

Weight management: If plateau - look at G-Tox express / thermophase detox.

Herbal Formula (Cordyceps 80ml, Pellitory of the Wall 80ml, hawthorn Berries 60ml, Bilberry 80ml, Rhubarb 60ml, Ginger 10: 410ml 8m bd)

CoQ10: 150mg 2 caps daily with breakfast

Herbs 7 March 2023 400ml 8ml 2x -

27 March 23 : short appt - touch base

Kidney scans: report - Dr says - all normal - no cysts, no scarring, etc .

Due for another blood test.

BP 123 / 78. pulse 58

Weight 77.3kg, BMI 31.4, Fat 45.5%, Water 42.1%, Muscle 27.9%, Still on 5:2 diet, not last couple of weeks. Dancing the other night - felt good.

Still deep water running. Also gardening, work on block. Feeling stronger.

GIT: bloating - some, worse if eat wheat. and dairy. but worse with wheat.

Blood tests - pending beginning April - kidney etc - if still low or lower - gut microbiome testing - then an apppointment.

Weight: 77.3kg, BMI 31.4, Fat 45.5%, Water 42.1%, Muscle 27.9%.

21 April 23

Herbs 205ml 8ml bd, Dan Shen (new) 30, Rhubarb 20, cordyceps 40, pellitory 40, H Berries 30, bilberry 40, ginger 5) Appt in less than 2 weeks.

June 21 / 2023

bone Density Scan: Back - osteopenia, Legs and hip improved and back to normal level. on naturobest (+ MSM and zinc and C powder) - consistently

On defence support and CoQ10, Triple strength Curcumin

Stop zinc and C -

Discussed Microbiome test:

Treatment:

Glutagenics:

Probiotic

Digestive enzymes

Herbs: Dan Shen 100, Rhub 40, Cordyceps 90, Codonopsis 100 (gut health), H Berries 70, Ginger 5 405ml 8ml bd

Herbs 28 Sept 2023

Dan Shen 80, Cordyceps 80, Codonopsis 100, Panax Ginseng 40, Astragalus 100, Ginger 10. Picked up 28 Sept - to pay next week.