

Submission Date

Feb 12, 2024

Name

Elcin Cook

Please record the food and drinks you consume on a typical day

	Health Concern
Breakfast	oats, eggs
Morning Tea	fruit & nuts
Lunch	leftovers - meat, rice & veg
Dinner	meat, rice, veg, pasta
Dessert/Evening snack	protein shake, apple.

On average, how many serves of the following would you consume on a typical day?

	#servings
Fruit: 1 medium piece, 2 small pieces or 1 cup chopped fruit	2-3
Vegetables: 1/2 cup cooked or 1 cup raw	.5
Cereals & grains: 1 cup cooked rice/pasta, 2 slices bread, ...	2
Milk & dairy: 1 cup milk, 200g yoghurt, 2 slices cheese	.5
Protein: cooked meat/chicken/fish palm size, 2 eggs, 1/3 ...	2

How many cups of water do you drink per day?

- 1-2ltr

What % of food per week is

Prepared at home? 90

Fast Food/takeaway?

Restaurant/cafe? 10%

What % of food you cook is

Fresh? 80%

Frozen? 20%

Canned/Jar?

Pre-prepared?

What % of food you eat is?

Raw? 10%

Cooked? 90%

What sort of fats and oils do you use?

- Butter
 - Olive oil
 - Canola/vegetable oil
 - Ghee
 - Other
-

What many cups do you consume on a typical day?

Coffee: 1

Tea: chai tea

Juice:

Soft drinks:

Energy drinks:

Milky drinks:

Australias own almond milk.

Do you currently or have you experienced any of the following?

- Frequently skipping meals
-

Do you crave any of the following foods?

- Sugar
 - Chocolate
-

Any known food allergies or sensitivities?

gluten & dairy intolerant

Do you experience any of the following digestive symptoms?

- Bloating
 - Belching
 - Heartburn/reflux
-

Do you experience any of the following regarding your bowel movements?

- Thin stools
-

Digestion of fatty meals; symptoms?

constipation after fatty meals

lagging

Any symptoms when skipping meals?

really low energy

Vaginal or C-Section birth?

How many rounds of antibiotics have you been on before puberty?

0

How many rounds of antibiotics have you been on in the last 5 years?

1 or 2

Do you experience any of the following?

- Frequent cold/flu
- Urinary tract infections
- Other infections (sinus, ear, lung, skin, bladder, kidney)
- Slow wound healing

Do you experience any of the following?

- Nasal congestion/phlegm
- Snoring/sleep apnea
- Bad breath/bad taste in mouth
- Cold sores

Details?

cold sores - stress and low immunity.

Do you experience any of the following?

- Memory loss

Details?

memory - brain is always too busy.

Do you experience any of the following?

- Anxiety disorders
- Depression
- Mood swings

Details?

husband is fido and finds it hard with mood swings.

Do you experience any of the following?

- Muscle or joint pain

Details?

hip dysplasia, bone on bone - no supplementation
not doing hockey because of hip issues

What is the general condition of your skin; dry, flakey, oily, itchy?

Do you experience any of the following?

- Ezcema

Details?

eczema under ring - but more contact dermatitis from products used in the canteen

What is the general condition of your skin; dry, flakey, oily, itchy?

Do you experience any of the following?

- Angina
- Palpitations
- Cold extremities
- Excessive bruising

Details?

stress and anxiety induced chest pains

Diagnosed endocrine system; diabetes, thyroid, adrenal disease?

Do you experience any of the following?

- Energy fluctuations
- Hair thinning or falling out
- Increased urination

Diagnosed kidney or urinary tract disease?

Do you experience any of the following?

-

Details?

Diagnosed reproductive disease?

2017 hysterectomy - heavy periods. clotting.

Any hormonal/contraception?

Estrogen

Regular cycle?

Cycle length?

Blood loss; light, medium, heavy?

Colour of blood; red/dark brown?

Do you experience any of the following?

- Abnormal discharge
- PMS
- Breast pain

If menopausal/ post-menopausal?

-

Details?

PMS symptoms - no periods
increased libido since estrogen
severe PMS symptoms
Struggling to get to sleep

Sleep
9.30 into bed. Reading in bed until tired.
6am dog walking,

Average hours of sleep

5-7

Average time taken to fall asleep?

1

Fall back to sleep easily if woken?

- No

Remember dreams?

- Yes

Refreshed on waking?

- No

Sleep through the night

- No

Energy levels 1-10

7

Highest: am/pm
start of day - end of week for work days

Lowest: am/pm

3pm - low energy

Stress levels 1-10

7

Stressors: how is stress handled?

gym 2 x week. Reading.

Lowest: am/pm

Skin

-

Hair

- Dry
- Dandruff

Nails

- Horizontal grooves
- Moons
- Fast blood return

Tongue

- Coated
- Midline groove
- Scalloped edges

Submission IP

2001:8004:16c0:279b:4116:8750:d5f2:482d

Submission ID

5835161282841144250

Last Update Date