



NAME Kay Southgate DATE 22/7/2020
ADDRESS 60, Arthur Street, Plympton Park 5038
PHONE — MOBILE 0412 488 748
DATE OF BIRTH 31/12/1953 MALE/FEMALE FEMALE EMAIL kayjeff@tpg.com.au
OCCUPATION Retired HEALTH FUND Health Partners
ALLERGIES/INTOLERANCES/REACTIONS Reacted with a rash after taking Amoxycillin & Clavulanic acid
MEDICATIONS AND/OR SUPPLEMENTS see attached

ALCOHOL/SMOKING/REC. DRUGS 5 glasses wine per week (av) - 4 nights a week

* ovarian cysts - menopause - 45
YOUR HISTORY (injuries/ surgery/past major illnesses/ childbirth) Partial lobectomy of right lung (age 3), tonsils & appendix removed during childhood, 2 C-Sections (1978 & 1980), 3 or 4 Colonoscopies, diagnosed with CIPP in 2011, and ulcerative colitis in 2019, Asthma since 40
PAST HISTORY: MOTHER fr. br. cancer FATHER + 87 Osteoporosis,
UTI in 1987 OTHER stroke, blood borne OTHER heart attack

YOUR SYMPTOMS/ REASON FOR VISIT: UC. + CIPP.
I have 2 auto immune conditions. I would like to explore being able to help my body deal with these conditions as best I can by correct diet & supplements. see Att 2/2020
I do not wish to cease my prescribed medications, but feel I would like to assist them to be effective by good nutrition

put on 15 kilos on prednisone over 2-3 yrs

* Bowel - urgency (U.C.) note frequently
- looser stools (5 x today)
do not eat much in a flare up
Did have mercury 10 days ago

* (BP) good on XRAY 6-7 yrs
Chol. good

* Sleep ; trouble getting to sleep (1 hr)
7-8 hours

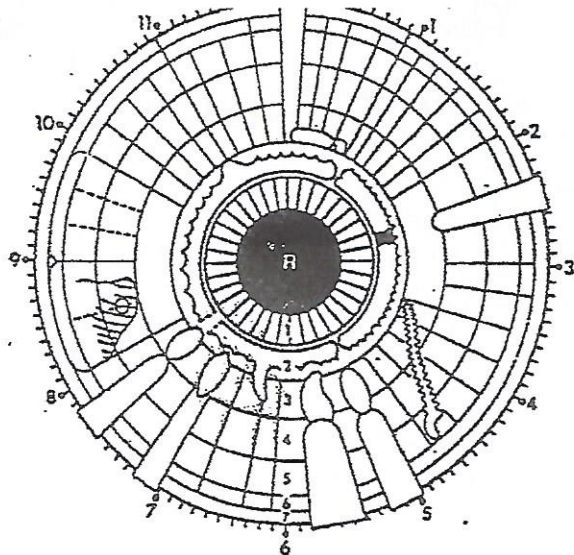
* Energy drops last few weeks

Osteo strong exercise + tx 1 x week
better up stairs (knee damage)

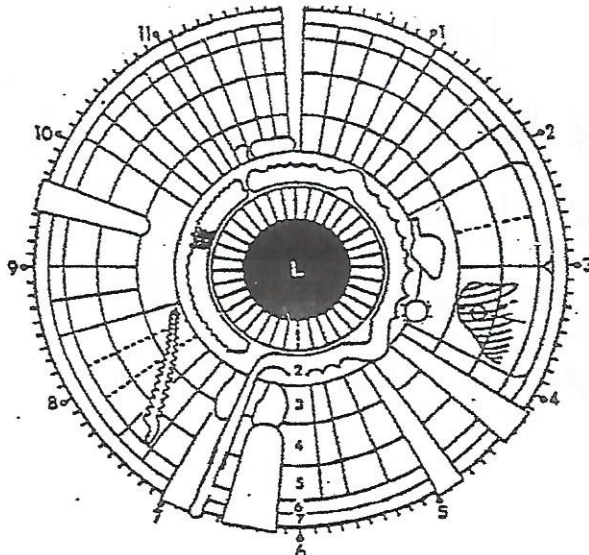
Nails good

hair + skin good (collagen)

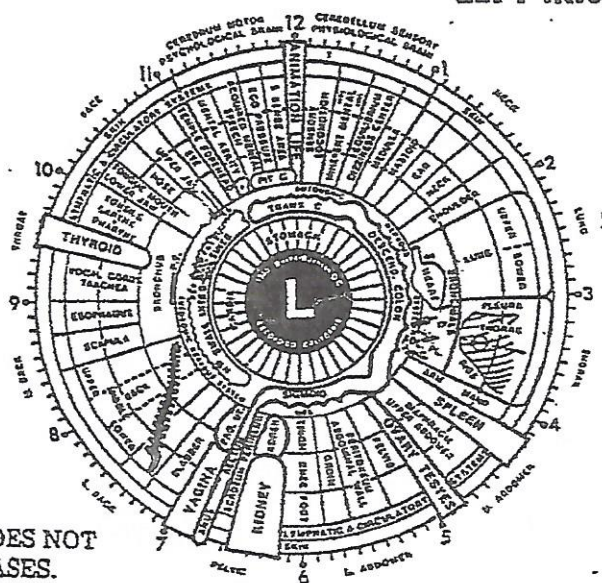
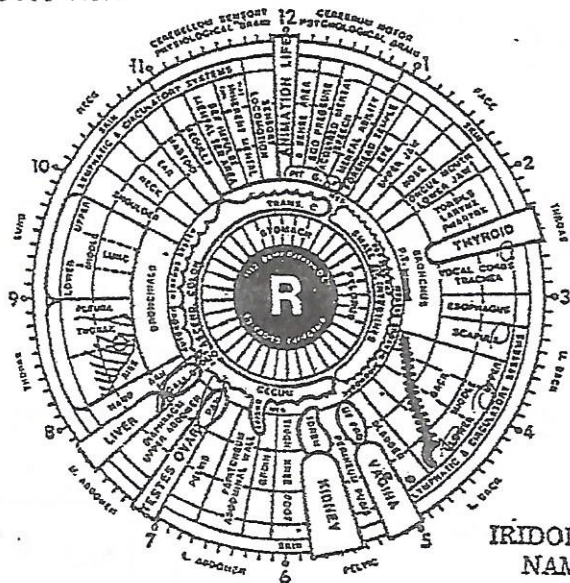
no headaches (rarely)
(dehydration)



RIGHT IRIS



LEFT IRIS



IRIDOLGY DOES NOT
NAME DISEASES.

*Blue

paracetic flick
copper

ovary

spine

And

sick

Esophi to head

constituted Ann

↓ 1722

- Abdominal

Kidney /
Adrenal
ovary

- Bone & cartilage

lymphatic

Low

* heavy gut

* T-cells

* Dysbiosis (candida)

* T ~~cells~~ WBCs

Pered

- inflammation

- heavy gut?

low G.A. def

- ↓ acidity

- Alkaliser

Glucose
+ insulin

INFECTION & PREVENTION CONTROL QUESTIONNAIRE

PURPOSE

This patient questionnaire has been developed to assist me in the assessment of all clients at their time of arrival

DEFINITION

The World Health Organisation (WHO) states that corona viruses are a large family of viruses that cause illnesses ranging from the common cold to more severe diseases such as the Middle East respiratory syndrome (MERS-CoV) and the Severe Acute respiratory Syndrome (SARS-CoV). Corona Virus Disease (COVID-19), is caused by a new strain of corona virus officially known as Severe acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2)

SYMPTOMS

Commonly symptoms of coronavirus or COVID-19 include fever or history of fever (more than 38 degrees Celsius), dry or moist cough, shortness of breath, sore throat, runny nose and diarrhoea

ACTIONS

If after the assessment, there are indications or suspicion that the client/ patient is at risk, the continuation of the scheduled appointment will be reconsidered.

PATIENT DECLARATION

I have not returned from overseas in the last 14 days and / or been in contact with someone that has returned overseas within the last 14 days.

Your signature

Your Name

Kay Southgate

1	Have you returned from interstate and /or been in contact with someone that has returned from interstate or overseas in the last 14 days?	YES / <input checked="" type="radio"/> NO
2	Have you been unwell with a respiratory illness such as a cold or fever?	YES/ <input checked="" type="radio"/> NO
3	Have you been in contact in the last 12 days with any person suspected to have or diagnosed with Novel Corona Virus disease/COVID – 19?	YES/ <input checked="" type="radio"/> NO

Practitioner comments



Kate Driver <katedrivernaturopath@gmail.com>

Synopsis of our phone call [#1F9C8CG]

Prac Clinical Emails <CLINICALSUPPORT@metagenics.com.au>

Fri, Jul 24, 2020 at 3:38 PM

To: katedrivernaturopath@gmail.com

Hi Kate,

Bowel Digest

With your first client we spoke about Fibroplex MagActive tablets, Phosphatidylserine, Ultra Flora Intensive Care and Ultra Flora GI Soothe. For your second client (on Cartia) we spoke about Resist-X (no cautions) or Cardio-X (low level caution due to potential antiplatelet effect of magnesium - only seen in vitro and infusions so far), Thermoburn (moderate level caution - green tea catechins may have anti-platelet effects, though not seen in humans, capsicum may theoretically increase effects and adverse effects of antiplatelets) and Parex (low level caution - Nigella and Myrrh may inhibit platelet aggregation, monitor for signs of increased bleeding).

Have a great weekend!

If you have any further questions, please do not hesitate to contact us via return email on clinicalsupport@metagenics.com.au or on free call 1800 777 648 within Australia or 0508 227 744 within New Zealand.

Kind Regards

Insa

Clinical Support Consultant

Do you have a successful case study that you would like to share with your fellow Natural Health Practitioners? We are on the lookout for interesting and educational case studies to be featured in Metagenics seminars and publications. This is an opportunity to show off your amazing talents. If you would like further information, please contact jmitrev@metagenics.com.au

clinicalsupport

A: 741 Nudgee Road Northgate QLD 4013

T: +61 7 3117 3300

E: clinicalsupport@metagenics.com.auW: www.metagenicsanz.com.au**Metagenics**

We are dedicated to helping people live happier, healthier lives.

*Elimination diet
cant do glutamine*

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MEDICATION

DAILY

- Current daily dose 10 mgs Prednisolone (for my CIDP) – hoping to taper down to 5 mgs in a month - AM - After breakfast
- 75mg Karvea (Blood Pressure – steroid induced) - AM (6-7 AM)
- Mesalazine 4 of 1.2g tablets (for my UC) - AM - "
- 1 puff Ventolin inhaler
- 2 puffs Seretide inhaler (preventer)
- 1 Panadol Extra if required during the day. For CIDP. + UC.
→ 1 once every 2-3 days

WEEKLY

- 1 of a 35mg Actonel EC tablet (steroid induced Osteoporosis)

MONTHLY

- 40 gms of Privigen given as an IVIG immunoglobulin infusion at Noarlunga Hospital's infusion centre (for my CIDP)

DAILY SUPPLEMENTS

- 2 Urinary Tract Support Tablets (currently taking Ethical Nutrients) (2 AM - has more damage around bladder)
- 1 Magnesium tablet (currently taking Swisse Ultiboost 150 mg) - lunch
- 2 Advanced Nerve Support Formula tablets
- 1 Vitamin D3 1000 mg (currently taking Healthy Care brand)
- 2 MSM Alive (Pharma Botanica) cats claw, rosehips, MSM, Borley Gator
- 2 Bones and Teeth (Pharma Botanica) Horsetail, AVALFA, Chickweed
- 1 180 mg Vitamin K2 (currently taking Blackmores) Gnetum Root, magnesium, muller, wormwood
- * COLLAGEN (ECLA OATS)

2 AM

AM

VIT D3 1000 IU

VIT B

B2

B6

Folic Acid

VIT. B12

Benfotiamine

Quercetin

RAIPRA Liponic Acid

L-carnitine

- 200mg

120mg

300mg

* PASSIFLORA fermented drink
agave, honey, ginger

* has - tonic
(not being) restore

Date: 23/1/20
Name: Kay Smith
D.O.B.:
PH:

Your Prescription

Do not exceed recommended dosage. Take medication strictly as directed. If you have any issues or questions, please consult your Practitioner.

Supplementation Dosage:

Supplement	Dosage Instructions
Magnesium to be advised	1 After Dinner / Before Bed
Leaky gut support	① Bonec Digest
CANDIDA / GUT BACTERIA BALANCE -	② Fibrinase no active
	- Before Bed
③ Ultra Folate Intensive	- BP.
	Next phosphatidylserine
	+ Fish oil SPMs
FOLLOW GUT HEALING DIET GUIDELINES	

*Maximum of 2 repeat scripts per supplement. This script is valid until . After this time please return to your Practitioner.

Additional Supplement Directions:

Avoid magnesium citrate + manganese oxide
Turmeric should have 'active' curcuminoids or curcumin
to be beneficial

Dietary Recommendations:

Apple cider vinegar : 2 tsp in water before meals
(Organic Mother Apple)
Avoid Dairy

Lifestyle Recommendations:

TRY INFRARED SAUNAS, hot bath / inflammation
and lymphatic support

Practitioner Name:

Registration No:

Clinic contact details:

Your next appointment is on _____
at _____

Please give 24 hours notice if you need to postpone an appointment so that others may use the time allocated to you.

20/8/20

had colitis attack + pain after 5 days

→ used to believe cream

stopped supplements

had IV infusion

↓ urgency + loose 15 x daily - for 3 days
lower colon PAIN

- taking mesalazine 2, 2 x daily
not 4 daily x has 1 glass of wine

→ is better now

restricted Alcohol, dairy, Gluten

- having coconut yogurt + banana → for dessert

still on low wage

- only has bread now + then

→ at end of flare

having brown rice in soup

CIPD is quite good

still on 5mg prednisolone

Live

- LEAKY gut

- permeable (leaky)

Acute

inflammation chronic

test for

Acute

collagen?

Having ACD with pregnancy

Date: 10/11/2018
 Name: 2018/10
 D.O.B.: _____
 PH: _____

Your Prescription

Do not exceed recommended dosage. Take medication strictly as directed. If you have any issues or questions, please consult your Practitioner.

Supplementation Dosage:

Supplement	Dosage Instructions
1) LUTERA TONIC INTENSIVE CORE	1 before BED
AFTER 3 days increase to	2 x daily on rising and
before BED, then if going only sleep:	
2) PROPLEX MIGRACTIVE	1 tablet after 12:00 before
	BED
3) then if the above 2 are only go back on BOWEL DIVER	
SIMILAR AT 1 SPRAY 1/2 hr before food, 1 x daily then	

*Maximum of 2 repeat scripts per supplement. This script is valid until _____. After this time please return to your Practitioner.

Additional Supplement Directions:

Next if you can't tolerate
 BOWEL DIVER then start COLLAGEN
 (please ask me to prescribe it)

And PREEX for parasites later
 or A homeopathic for parasites

Dietary Recommendations:

Continue 1 apple cider vinegar

Lifestyle Recommendations:

Practitioner Name: _____ Registration No: _____

Clinic contact details:

Your next appointment is on _____
 at _____

Please give 24 hours notice if you need to postpone an appointment so that others may use the time allocated to you.

collagen 7

CHRONIC INFLAMMATORY DEMYELINATING POLYNEUROPATHY (CIDP)

Chronic inflammatory demyelinating polyneuropathy (CIDP) is An autoimmune neurological disorder characterized by progressive weakness and impaired sensory function in the legs and arms.

The disorder, which is sometimes called chronic relapsing polyneuropathy, is caused by damage to the myelin sheath (the fatty covering that wraps around and protects nerve fibers) of the peripheral nerves.

Although it can occur at any age and in both genders, CIDP is more common in young adults, and in men more so than women. It often presents with symptoms that include tingling or numbness (beginning in the toes and fingers), weakness of the arms and legs, loss of deep tendon reflexes (areflexia), fatigue, and abnormal sensations.

CIDP is closely related to Guillain-Barre syndrome and it is considered the chronic counterpart of that acute disease.

Treatment for CIDP includes corticosteroids such as prednisone, which may be prescribed alone or in combination with immunosuppressant drugs.

Plasmapheresis (plasma exchange) and intravenous immunoglobulin (IVIg) therapy are effective

IVIg may be used even as a first-line therapy.

Physiotherapy may improve muscle strength, function and mobility, and minimize the shrinkage of muscles and tendons and distortions of the joints.

joints.

* under control prednisilone +, Privigen IV.
1 x month
(last week)
15th July

- affected bladder

Gut and Digestive healing dietary guidelines

Diet Sheet for Gut and Digestive healing protocol – follow for 7 – 14 days, depending on severity of digestive disturbance. ** This should only be followed by the individual it was prescribed for.

Foods to Include:	Foods to Exclude:
Vegetables	
All vegetables (except those in exclusion list). Organic is best.	Canned or processed. <i>All</i> tomato, tomato sauces and pastes, ketchup and salsa
Fruits	
All (except those in exclusion list) Preferably fresh. Organic is best! Dried fruit should be free of sulphites.	Whole oranges, orange juice, and orange flavouring.
Cereals	
Any made from rice, oats, millet and any, which do not contain wheat or corn. added sugar + additives.	Processed, refined cereals with wheat, corn, added sugar and additives.
Grains and Flours	
Rice: preferably brown. brown basmati, jasmine, rice pasta. plain rice cakes, rice bread. Flat breads and rye crisps, millet, quinoa, amaranth, oats. barley, rye. Rice, millet, quinoa, amaranth bean, oat, barley and rye flours.	ANY corn, corn meal, corn chips, cornstarch and other products containing corn. <i>All</i> wheat pastas, spaghettis, and breads. Durham, semolina, whole wheat, white breads or flours. "Flour" on a label usually means wheat Products with gluten on the label.
Animal Products	
Meat: All types are acceptable, (except those in exclusion list), Poultry: Preferably free range Fish: All ocean water types are acceptable, Try to include salmon, sardines and occasional tuna,	Cold cuts, ham, sausages, processed meats, shellfish, smoked foods. Eggs, egg whites, egg yolks, and any products with eggs in them.
Legumes	
All bean / legumes (except those in exclusion list). Check labels of canned beans, dips, and soups for sweeteners and additives, Small amounts (less than 1 tablespoon per meal) of the following fermented soy products are acceptable - soy yogurt, preservative and wheat free soy sauce (Tamari) miso and tempeh	Whole peanuts, peanut butter, and peanut oil. <i>All</i> non-fermented soy products soybeans, soymilk, tofu, margarine, and soybean oil. Products with soy protein isolate textured vegetable protein (TVP), or any type of soy on the label.
Nuts & Seeds	
All Nuts are acceptable, (except those in exclusion list) Use nut butters such as almond hunter or cashew butter, Seeds: All are acceptable especially sunflower seeds, pumpkin seeds, and tahini.	Peanut butter, peanuts, soy nuts and All roasted & salted nuts.
Dairy	
Ghee is acceptable on this diet (and is great for Sautes)	Milk and dairy products including cheeses, ice cream, and cream cheese. Products that have casein, lactose, and whey on the label limit butter use. Goat's a& or products made from goat's milk

Approx 1.8 litres water

Monday 20th July:

Breakfast: 1 IsoWhey shake with coconut milk

Lunch: Nil

Dinner: very small portion of penne bolognese pasta

Approx 1.8 litres water

Tuesday 21st July:

Breakfast: 1 IsoWhey shake with coconut milk

Lunch: small portion of fungi risotto

Dinner: A/A

1 soda water, 1 green tea, approx. 1.8 litres water

Wednesday 22nd July:

Breakfast: 1 IsoWhey shake with coconut milk

Lunch: A/A

Dinner: small portion of fungi risotto

Approx 1.8 litres water

Thursday 23rd July:

Breakfast: 1 IsoWhey shake with coconut milk

Also
white tea
pp. tea

FOOD DIARY

Thursday 16th July:

coffee 1 x every
few weeks

Breakfast: 1 IsoWhey shake with coconut milk

Lunch: ~~A/A~~ m as above

Dinner: ½ BBQ chicken breast, assorted steamed vegetables (peas, carrot, pumpkin, sweet potato)

1 glass white wine, approx. 1.8 litres water (spring)

Friday 17th July:

Breakfast: 1 IsoWhey shake with coconut milk

Lunch: A/A

Dinner: 2 pieces battered fish, chips, pumpkin, carrot and parsnip

2 glasses champagne, 1 weak cappuccino, approx. 1.8 litres water

Saturday 18th July:

Breakfast: 1 IsoWhey shake with coconut milk

Lunch: A/A

2 toasted chicken and avocado sandwiches (white bread)

(not home)

1 glass white wine, approx. 1.8 litres water

Sunday 19th July:

Breakfast: 1 IsoWhey shake with coconut milk

Lunch: A/A

1 tin salmon, ½ an avocado, 2 hard boiled eggs, white rice

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SYMPTOMS

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Your signature

Your Name

Kay Southgate

1	Have you returned from interstate and /or been in contact with someone that has returned from interstate or overseas in the last 14 days?	YES / NO
2	Have you been unwell with a respiratory illness such as a cold or fever?	YES/ NO
3	Have you been in contact in the last 12 days with any person suspected to have or diagnosed with Novel Corona Virus disease/COVID – 19?	YES/NO

Practitioner comments