

Home Case



Nature Care College

Office Use
Only

NUTRITION CLIENT CASE TAKING FORM

Client name Juliette Ferrier DOB 11/11/70 Student Name Maere Beary
Supervisor Name Fran Music Date 3/8/17

PRESENTING SYMPTOMS

(P++/sensation, location, duration, what was happening when presenting symptoms began, better by/worse by, current treatment etc.)

- irritable bowel - addressed it but still a way to go. hormones?
- allergies - support this.
- IBD - sick in morning "insecure" - eating makes me feel sick - need to go to bathroom - stopped gluten April - helped quite strict as sees the value.
- soy cap - will come back
- gassy / feel bloated - g/f helps.
- allergies - chronic Rhinitis, Dust + cats
- moulds, scratch test, dairy - nose runs, preservatives - ? not sure which ones, unpredictable nature, nasal sound

GO TO RELEVANT SYSTEM →

asthma settled but
chronic rhinitis

10-20
erythema nodosa?
- autoimmune - bedrest
pre-puberty

fainting
Episode.
as teenager

NUTRITION CASE TAKING SHEET

Past history

0-10 years

v. allergic - inhaled powder
asthmatic - steamer in bedroom

Family history

Mother:

physically healthy

severe anxiety / attachment

Grandparents:

psoriasis / cirrhosis of liver

kidney

Father:

rheumatism / allergies

↳ fairly fit.

Grandparents:

elderly.

Siblings:

glandular fever

18 mths.

PCOS - pregnancy
helped.

mumps as teen / cortisol

Sleep (how much, any problems, dreams, wake refreshed?)

sleep about 11 - 8pm 9hrs needs

excellent - wake refreshed.

Energy levels (0-10, any slumps, what time?)

am - much better since g/f 8/10

3pm slump
6pm slump.
9pm ok.

Medications and supplements

Zinc, Vit C

Allergies / intolerances (foods, alcohol, drugs, environmental)

What is the reaction like?

Dairy, wheat, oats

Bowel, nasal, chest tightness,
varies.

Height 165cm

Weight 63kg

Goal weight / dress size

Measurements

	1st visit	2nd visit	3rd visit	4th visit
Weight				
Bust				
Ribs				
Waist				
Hips				
Bum				
Thigh				

eggs, glt toast, avo, baked beans (macro)
 smoked salmon, mushroom omelette.
 coffee after w/ day.

BREAKFAST	
Morning snack	—
LUNCH	1540 - tuna, salad, feta, lettuce, carrot, caps. tom, leftovers (sausage, chicken, curry, rice, street foods - not feel good)
Afternoon snack	doesn't work as use paste, store bought almonds, figs, nuts bars - choccie way.
DINNER / dessert	spaghet, zucchini noodles, meat, salmon, steak, sausages, sour kraut, Quinoa, Onion, parsley.

WATER

400ml/day.

TEA / COFFEE / COLA

x2 x1

ALCOHOL

not alot
 allergic, red wine
 1-2/weeks.

CRAVINGS:

choccie, nuts,

AVERSIONS / DISLIKES:

How often do you eat out and takeaway meals? Which meals?

Thai - fortnight., eat out / fortnight pizza 1x fortnight

What happens if you skip a meal?

don't skip. if miss lunch - jittery
 - BP ↓ - don't feel great

What is your energy like after a meal?

flattens then ↑

Do you eat when under stress / emotional eating (what type of food)?

Yes - choccie.

- beans + fish + tom + corn

When cooking do you use fresh, canned, frozen and packaged foods?

combo - predom fresh - less in
 - peas, spinach.

asthma settled but
chronic rhinitis

10-20
erythema nodosa?
- autoimmune - bedrest
pre-puberty

fainting
episode.
as teenager

NUTRITION CASE TAKING SHEET

Past history

0-10 years

v. allergic - inhaler powder
asthmatic - steamer in room

Family history

Mother:

physically healthy

severe anxiety/attachment

Grandparents:

psoriasis/cirrhosis of liver

kidney

Father:

rhinitis/allergies

fairly fit

Grandparents:

elderly

Siblings:

glandular fever

18 mths

PCOS - pregnancy

helped

mumps as teen / cortisol

Sleep (how much, any problems, dreams, wake refreshed?)

sleep alot 11-8pm 9hrs needs
excellent - wake refreshed

Energy levels (0-10, any slumps, what time?)

am - much better since g/f 8/10

3pm slump

6pm slump

9pm ok

Medications and supplements

Zinc, Vit C

Allergies / intolerances (foods, alcohol, drugs, environmental)

What is the reaction like?

Dairy, wheat, oats

Bowel, nasal, chest tightness,
varies

Height 165cm

Weight 63kg

Goal weight / dress size

Measurements

	1st visit	2nd visit	3rd visit	4th visit
Weight				
Bust				
Ribs				
Waist				
Hips				
Bum				
Thigh				

eggs, glt toast, avo, baked beans (macro)
 smoked salmon, mushroom omelette.
 coffee after w/ day.

BREAKFAST	
Morning snack	—
LUNCH	BYO - tuna, salad, feta, lettuce, carrot, caps. tom, leftovers (sausage, chicken, curry, rice, street foods - not feel good)
Afternoon snack	doesn't work as use paste, store bought almonds, figs, nuts bars - nature's way - choccie
DINNER / dessert	spaghet., zucchini noodles, meat, salmon, steak, sausages, sour kraut, Quinoa, Onions, parsley.

WATER

400ml/day.

TEA / COFFEE / COLA

x2 x1

ALCOHOL

not alot
 allergic, red wine
 1-2/weeks.

CRAVINGS:

choccie, nuts,

AVERSIONS / DISLIKES:

How often do you eat out and takeaway meals? Which meals?

Thai - fortnight, eat out / fortnight pizza 1x fortnight

What happens if you skip a meal?

don't skip. if miss lunch - jittery
 - BL ↓ - don't feel great

What is your energy like after a meal?

flattens then

Do you eat when under stress / emotional eating (what type of food)?

Yes - choccie.

— beans + fish + tom + corn
 When cooking do you use fresh, canned, frozen and packaged foods? - pear/spinach.
 combo - predominate fresh - woodfin

GIT

(Weight loss/gain, appetite, breath, cold sores, bleeding gums, nausea, P? reflux, vomiting, burping, flatulence, bloating, any reaction to fatty foods and what happens if you miss a meal?)

much less

→ want feel better.

Bowels

(How often, colour, float, sink, constipation/diarrhoea, blood/mucous, laxatives?)

Type 4 - normally

of irritable → type 6/7 - light colour.

Respiratory

(Headaches/migraines, dizziness/vertigo, how many colds/flu per year and how long to recover? Do you smoke and how many? Marijuana/other recreational drugs? Swollen glands, hayfever, sinus, post nasal drip, nose bleeds, cough (when/colour/how long), S.O.B., asthma?)

↓
allergic + hacking
cough persistent after cold.

This year - really bad one late Jan (with post viral fatigue - diet)

Kidneys

(Thirst, nocturia, P++ on urination, bladder problems [cystitis, incontinence.] Reaction to loud/sudden noises?)

thirsty at night

2 x night to go to toilet

Female Reproductive System

(Menarche/Menopause, Cycle, No. of days bleeding, clots/spotting, PMS, sore breasts, bloating, constipation/diarrhoea, mood changes. Pap smears? Any cervical changes, wart viruses, discharges, thrush? Contraceptive method?)

PCOS - under control - not regular.
Period every 3 mths, not clockwork.
more regular than used to be -
hormones + IBD, NO PMS, medium

2 days - 1 tampon every 2-3 days.
3 days either side occasionally.
Clots, mostly running.

CNS - fainting / 2nd ent - high emotional

Male Reproductive System

(Infections, lymph swelling, impotence, hernias?)

Cardio-vascular

(Any heart problems. Chest P++, palpitations, cold hands or feet, varicose veins?)

Ok: mildly cold hands / feet.
BP 116/65 - dropped suddenly in pregnancy

Musculo-skeletal

(Cramps, back P++, stiffness, parasthesia?)

cramps - back neck
stiffness.

Skin

(Acne, eczema, psoriasis, warts & healing?)

dry skin

Lifestyle

(Exercise, relaxation, job satisfaction, anxiety, depression, mood swings?)

love it
walking dog every mon 3/4 times/week.
TV. meditation twice week. 2mrs - half hour.
anxiety - struggle - meditation helps - business

Physical Examination

(Observations: dandruff, hair, dark circles, skin, walking, sitting, tremors, smell?)

nails - no spots.
some dry scalp.

Nails:

Eyes: (Glasses/contacts, glare, night vision, swollen, infections, black shadows)

good - just
starting to
go

Ears: (hearing too acute, waxy, noises, infections)

Tongue:

Blood Pressure:

116/65

Pulse:

STUDENT'S SUMMARY

mould allergy - Dr Shoemaker's Protocol
(Coeliac gene + Visual Contrast Test)

Biomedica Betamax (+)

PROPOSED TREATMENT PROGRAMME

↑ H₂O 2-3L/day . Biomedica Histase
Remove Gluten + Dairy . Turmeric + Ginger .
Watch Carbs - insulin resistance? mould testing .
↑ greens . nasal sprays
check BGLs - P.COS link Gut Entero care
Exercise 3-4 times/week . ~~or Matriatrix~~
glutamine

FINAL TREATMENT PROGRAMME DISCUSSED WITH CLIENT

Supps : Biomedica - Entero care / Biomatrix
Spectrum - Pro Biotic 5 →
+ LGG Phamnosin (single strain)
~~Microbiota~~
#18
Psyllium husk *
cracker recipe - Claire