

Johnny Harrison (Dad)

Confidential Client Questionnaire	
Name	Courtney Harrison.
Home Address	14 Quirk Rd, Manly Vale.
Date of Birth	12-3-14 (5 1/2)
Phone	0451 464 035
Email	jksailing@hotmail.co.uk.
Occupation	Kate (mum) → Teacher High School (maths)
Household situation	Family
Children	Alannah, 7 (M Male PS)
Referred By	Ashleigh Hough.

Presenting Sx/Problems (where, when, frequency, duration, history, assoc Sx, > or <, what happened)

Problems Sensory issues, meltdown, school holidays, she's not right.
 Anxiety - big emotions - sugar really affects her - snakes - ok sometimes loses it
 Birthday Party - chunky Brandy
 Pizza, chicken, nuggets, cupcakes chips
 sometimes juice & @ party.

explosive

HCF.

Breastfed 8 mths



Elective C-Section

39 weeks

Past History - Vaccinations, childhood illnesses, accidents		
0-10	fully-vaccinated	10-20
* Ear infections, tonsils & adenoids out age 2 / granules, enlarged tonsils → freq - 6-8 infections - strong pain threshold.		
Family History - CVD, cancer, diabetes, chronic disease		
mom - ENT - granules, husband (18) lymph. aunt & uncle enlarged tonsils + ears. prostate - chemo, all 4 grandparents alive		
Sleep - hours/night, trouble, dreams, wake refreshed? 7-6 am. 11 hrs. ✓		
wake refreshed.		
Energy - scale 1-10, slumps, moods		
am 8 / pm 8 /		
Stress levels 1-10		
not good @ new things - out of routine animals / dogs.		
Water 1-1.5 ml.		
Tea/coffee/cola / no - @ party.		
Alcohol		
Allergies none. SIBO		
Cravings Sweet things - in morning. 9 am.		
Aversions good eater		
Medications and supplements		
Lifestyle: Exercise/relaxation, job satisfaction		
craft / drawing, bike, barbie, trampoline, ballet, swimming.		

anti-Biotics (July)



18.2kg. Paediatrician. - Kate Hale

GIT/Digestion: Weight, appetite, breath, ulcers, cold sores, bleeding gums, nausea, reflux, gas, bloating, fatty foods, skipping meals

urine sample -
good appetite.

but bloating - sore
tummy.

feel like going to vomit - freq. Once/week

Bowels: Frequency, colour, constipation, diarrhoea, blood/mucus, laxatives, haemorrhoids, family history.
Bristol Stool Chart

Type 1 hard lump.

Pl Leimbours

Sometimes type 6.

Sister - Parachoc (laxative/softener)

General Health: Headaches, migranes, dizziness, vertigo, tinnitus, hay fever, allergies, sinus, swollen glands, colds/flu per year, recovery, asthma/SOB, drug use, smoking

not many colds + flu.

chest inf - 2-3 ago.
some headaches

Urinary: Thirst, nocturia, cystitis, incontinence, thrush, kidney infections

3-4 times/day.

Female Repro: Periods/cycle, bleed, clots, PMS, sore breasts, bloating, moods, constipation/diarrhoea, pap smears, infections, discharges, contraceptive method?

Male Repro: infections, hernias, swellings, impotence, libido, prostrate

Cardiovascular: Heart problems, BP, chest pain, palpitations, varicose veins, easy bruising

Musculo-skeletal: Cramps, pain, pins and needles, weak/numb, arthritis?

Sore legs @ night (mg.)	
Skin: Acne, eczema, psoriasis, infections, itching n/a	
Emotions: Anxiety, depression, mood swings once/week consistent mood - happy.	
Nails: Bitten fingers + toenails Eyes (glasses, glare, night vision, swollen, infections, shadows) tested Tongue: (white, furry, coated) Pink	
BP	Pulse
Height	111 cm percentile 50% 100%
Weight	18 kg.
BMI (weight/height in m2) Range: 18-20 = underweight, 20-25 healthy, 25+ overweight	
Chest (cm)	
Waist (cm)	
Hips (cm)	
Bum (cm)	

Brood w/ zinc



grains / cereal

Breakfast	Wheatbix, Porridge, Toast + A2 milk corn flakes (weekends) honey + banana
Lunch 3 days <i>Mercury? loves tuna</i>	Scrambled egg + toast. Omelette <u>tuna</u> pasta, stir fry, peas, broccoli, cauliflower, carrots
Dinner	spag Bol chicken sauce / butter
Snacks	cake, slice, meatballs, chicken breast, tacos
Weekends	eat together, burgers, pizzas. ice-creams at beach, breakfast biscuits rice crackers, rice cakes.
Treatment Plan	1. Water 1-1.5L 2. Fibre 3. Dairy?
Supplements	Pro 4-50 Spectrum.
	Food Intol. Test.

Other Information

Pyrroles?
Strep overgrowth?
Mercury? (Tuna)

- Fibre

- Nordic Naturals
Children's DHA
liquid
- Zinc, B6 } MagNeZinc
- Mg.

Zinc rich food. (temporarily com. an)

Red meat, Oyster, Nuts, Legumes.

Eggs.

mg foods. to offset high dose Zn

→ Green leafy veg, whole grain, nut.

Liver support for detox.

→ Bitter veg.

Avoid processed food (nitrates (ham))

Bacon, smoked. Small goods.

B6 Rice Bran (Breakie cereal)

20mg/day

Dried Herbs + Spices - chives, paprika,

Tarragon, Sage, Spearmint, Basil, chives

tumeric, bay leaves, rosemary, dill, onion powder

Oregano, marjoram.

Pistachios.

Garlic

Liver

Fish - Tuna, Atlantic Salmon.

Sunflower + Sesame

Pork tenderloin

Hazelnuts.

Egg yolk.

Zn 15mg/day: Oysters, Crab, Lobster

Beef + Lamb, Beans, Mushrooms.

Spinach, green leafy veg, pumpkin seeds, Sunflower.

chia + flax.

Nuts - Cashew, Pine, Pecans, Almonds, Walnut, Peanuts, Hazel.