

Dr. Jany / Patel



Oestrogen Dominance $\rightarrow$ under methylate

Confidential Client Questionnaire	
Name	Jaine Huynh
Date	6/5/2022
Home Address	43 Burdekin Cres, St Ives. 2075
Date of Birth	16-9-76
Phone	0478 104783.
Email	jaine@huynh@gmail.com
Occupation	home-maker.
Household situation	husband. 16, 13 2 boys. 5GS.
Children? Ages?	Year. 7, 11
Referred By	Sade.

Why have you come to see me today? What are your Presenting Sx/Problems (where, when, frequency, duration, history, assoc Sx, > or <, what happened? What has inspired you to visit me today?

Weight $\uparrow$ B12, $\downarrow$ iron, hormonal acne, pending menopause.
iron infusion (wise) 2 yrs ago, tired, really bad @ medicine taking iron tablets. maltofer - Beef liver caps? Nov 2020.
naughty sleep habits
more blood clotting

lots of driving - not great looking.
Covid march - fever 3 days, phlegm.
muscle sore. paracetamol & neurofen. cramping.
Protocol.

Proximal ✓

3 Vaccines Covid - nearly
24hrs later fainted
normal vaccines neuro



Past History - Vaccinations, childhood illnesses, accidents

0-10

all healthy

10-20

all good

20+

~~Cervical~~ cervical cancer
markers.

Biopsy - p.p smear.

After kids - more nausea

Family History - CVD, cancer, diabetes, chronic disease. Dental Amalgams? How many?

Diabetes - T2D. (mum / grandma) Chest & lung cancer
Cancer - (Dads) prostate, lung

Sleep - hours/night, trouble getting to sleep? Dreams? wake refreshed?

1am - 630 am 5-6 hrs/night.

wake - Bk levels.

TV. games, in Bed.

Cortisol?

Energy during the day - scale 1-10, slumps? What time? Moods?

7-8 (push herself) hells

Stress levels 1-10

4/10.

not stress

Water

not much. only @ night. - thirsty

Tea/coffee/cola

7am coffee.

Alcohol

< 7 standard drinks.

Allergies

Dust as older, hay fever. in summer.

Cravings

sugar - 2 donut - periods Bk.

Aversions

Don't eat chicken ^{ovulating}
cucumber. (Bad exp) 'organ meat.

Medications and supplements - how long have you been on them?

Vit D (58) Nutrific gold.

Lifestyle: Do you have Exercise routine? How do you relax? Do you work? job satisfaction?

not good 'm over the shop' if cycling.
jira jira - injuries

Bad Knees - Patella - Femoral

don't move bowels daily
2-3 days - don't move



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

burp alot, eat too quickly
Bristol 1-7 inconsistent
kindi helped

Bowels: How often do you have bowel movements? Discomfort? Diarrhoea? Constipation? What colour? blood/mucus, laxatives, haemorrhoids, family history. Bristol Stool Chart.

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

Don't need brekky - 11am - eat when hungry.

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

night thirst 12/day alot when younger.
2 coffee 4 weeks

Female Repro: When did periods start? How are they now? Pain? When? Experience menstrual problems? Moods? Do they change? Menopause, last period? Menopausal symptoms? How many births? Fertility treatment? How many cycles?

Age 12-13 Don't track well, shorter recently
2nd day v. heavy. 3 medison, day 4 light clotting every 2 hrs. temper. 4 weeks
1 early miscarriage - no problem pregnant.

Male Repro: infections, hernias, swellings, impotence, any libido issues? prostate check?

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

strip. gave heart palpitations. minor irregularity 2017/2018.

in for B14 esthetics.
Brunner

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

Set up - weak muscle - hyper flex when young. Super tight now - except

Skin: Acne, eczema, psoriasis, infections, itching

2018 Dermatologist - cystic - a/b's + meds.
more facial

~~CeraVe~~ CeraVe cleanser.

Back acne - better.

Emotions: Anxiety, depression, mood swings

Consistent not super anxious

Nails:

strong

Eyes (glasses, glare, night vision, swollen, infections, shadows)

distance.

driving @ night

Tongue: (white, furry, coated)

BP

low

Pulse

Height	159.	
Weight	64kg.	↓ 58kg.
BMI (weight/height in m ²) Range: 18-20 = underweight, 20-25 healthy, 25+ overweight		[Weight (kg)/height (cm)/height (cm)] x 10,000 eg [65kg/168cm/168cm] x10,000 =23
Chest (cm)		
Waist (cm)		
Hips (cm)		
Bum (cm)		

alot of take-out 'power meals'



dont like cooking.

not good cook muscle chef?

Breakfast	Croissant Sandwich
Lunch	not normally sit down - may go out.
Dinner	husband works odd hours. Hello Fresh! - power meals.
Snacks	Wagets - cookie, donut, bubble tea.
Weekends	like frozen meals, Pasta, go out - husband home all week.
Treatment Plan	glf dlf 7 day plan. - my feedr. - list names - food companies. - covid protocol
Supplements	- 2 meals. Zn, C, P, Quercetin, Melatonin.

Are you doing other treatments?

B-vit. M.T.H.H.
Mg.