

Return 24th Dec

851.
Veg



Confidential Client Questionnaire

Name	Meg Battaglia
Home Address	1/2 Cerutti Cresc, Manly
Date of Birth	24/4/92. Age 27
Phone	0406 391 569
Email	meg.battaglia@gmail.com
Occupation	Sustainability Officer NGO
Household situation? Who lives with you?	live w/ roommate
Children? Ages?	-
Referred By	Anais

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?

Parasites from travel, stomach pain.
3 years in Colombia. Dec 18 - hostel food @
irregular times, really bad water.
fever, shaking, vomiting feb. - stomach pain
twice B14 - treatment twice A/B's - pills
to get rid - then fever after this -
pharmacist gave ibuprofen
Diet - bland fruits potato
Desert / up north, worse water
occasionally stomach cramps, bloating, gas.
constipation, backed up & out of diet.
has to take laxative. Pizza (3 mths ago)
nauseous, fever, hurting w/ stools, making tea
constipation - if backed up -

Parasites Cambodia 2014 Age 20 Uni SE Asia
 → stool sample parasite field school
 bully. human grey +
 Mexico 6 mths parasites - 1 year



Past History - Vaccinations, childhood illnesses, accidents

0-10 no - healthy.

fractured bones - sport
 chicken pox
 10+ years.

10-20 glandular fever 20+

16 - 1st trip to SA.
 gap yr 7 mths.
 Altitude sickness
 diarrhoea

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

Mum's side - Prostate

Dad's Breast cancer

Dad - Motor Neuron Disease (2008 passed away)

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

7-8 - sleep well - sometimes fresh.
 sleep twice - dreaming?

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

6/10 35°C lower energy -

Stress levels 1-10

emotional arch, foreign countries

Water

1-4 Bottles x750ml.

Tea/coffee/cola

2 coffees/day 1 tea.

Alcohol

2 drinks/weekend - wine

Allergies

no food allergies - not too much

Cravings

dairy / bread
 → no cravings

Aversions

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

Nature B-Pollen. Women's Multi.

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

Exercise when home - repairs

Dr. Jane Thompson

3/4 time
last 2
mths



clenching teeth
no

once

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

coffee-hungry - dinner small.
in the field.

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

Type 2/3 → sometimes! V. constip
if there a tear. Sifo?

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

migraine - implanon - caused this - 4 years ago
4 years ago - took out 2 mths

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

UTI - 3/4 times last few years - some
A/B. Thirsty normal.

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?

Period 1 mth ago - light / brown / mild cramps.
Bellafac - skin - 1 mth. went off
past month moody -

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

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

118/70

Blood sugar
levels may be hyl

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

Stomach - gut related

Skin: Acne, eczema, psoriasis, infections, itching

Breakout - July - 6 mths - started lightly - Aug/Sept v. bad.
Oct unpleasant out - skin improved.

Emotions: Anxiety, depression, mood swings

Last year - anxious, nervous

E.N.S.

Nails: white

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

prescription - night vision difficult - faces difficult.

Tongue: (white, furry, coated)

white
↓
Pulse
red
pink!

BP 118/70

Pulse

Height

157

Weight

61.8

BMI (weight/height in m²)

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)

Roasted oat
dried fruit

Greek
w/ olive



Breakfast	honey - granola - yogurt fruit almond milk fruit & veg - market. toast Some eggs. '68 peanut butter aro.
Lunch	fish once/fortnight white to mozzarella Rice, meat, veggie. Broccoli Zucchini lettuce red sick, avoid corn caps. onion, garlic, parsley, arander-
Dinner	Pasta, tuna, cracker, salt cracker wheat, plantain chips.
Snacks	
Weekends	Fish, Beers, wine, chips, lunch/salad, salmon, sushi
Treatment Plan	
Supplements	

Are you doing other treatments?

Anion Gap 17.4 V. Acidic.

SIBO? Test? + feed Persony - most common cause

Hydrogen Dominant → Diarrhoea.
+ methane " → Constipation.

1. Starve the bacteria → remove sugar, alcohol, carbs, fruit
⇒ non starchy veg only, lean proteins, healthy fats.

2. A/B - Xifaxan - hydrogen dom.
Rifaximin - methane dom.

"Microb Clear"

3. Soil based prob. "Primal Earth Probi"

Blood + stool - no parasites, not coeliac
stool ok no IgE / oesophagus

Coeliac gene carrier
CRP ok ⇒ no inflammation.

Thyroid ok.

Excellent iron

* BGL = 7.9

Chronic constipation