



# Nature Care College

Office Use  
Only

## NUTRITION CLIENT CASE TAKING FORM

Date: 3/4/18 Student's Name: Maere Beary.

Client's Name: Khanh Huynh

Date of Birth: 15/12/72

Address: 15 Richmond Ave  
St Ives. Postcode: \_\_\_\_\_

Phone: (H) — (W) — Mob: 0432 59 2911

Household  
Situation: \_\_\_\_\_

Children: 2 Boys Keiran - 11  
Devlan - 8.

Occupation: Migration Agent-

Referred By: Maere (Friend)

Soaps / sany (external) - MSG  
say sauce (new) - herrendon

#### PRESENTING SYMPTOMS

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

under control atm - food reactive  
bleating, colic, diarrhoea,  
flushes, exhaustive - gradual  
slight conditio since small  
eat - diarrhoea once/twice week as  
child

Severe colic once

Born Vietnam - left age 3 -  
Refugee camp - 4 Australian  
Both parents Vietnamese.

Eating Vietnamese food mainly  
moved to Sydney from melb 5 yrs  
ago - eating out lot - bread/cakes  
→ things progressed - tummy aches, bleating  
2 yrs ago - no normal stools  
hives pain, bleating - ok after diarrhoea.

#### GO TO RELEVANT SYSTEM →

↓ covered, wake up to scratch/bleeding  
Jan - all stopped in Italy - Pasta, knocci,  
Brown Bread - no hives

Case Taking Sheet for Clinical Practice 2 (Nut) DL V1

Page 2 of 10

Dec - Colonoscopy - clear out relief  
Hives in Australia again → grass  
allergy? - Back for 1 mth.  
spray keep needle - huge rectal MSG?  
Soup



muscaraine (DTC)  
early (1<sup>st</sup> time)

Thyroid Blood test

Fainting  
neurologist

NUTRITION CASE TAKING SHEET

**Past history**

0-10 years

10-20 years

20 - onwards

german measles (7)

gout / gaiter removed -  
beige

Thyroid - 1/2  
removed -

**Family history**

Mother:

mental illness  
psychosis 90+

Father:

prostate  
cancer 60  
bowel cancer

Siblings:

sister psychosis

Grandparents:

Grandparents:

586 - passed away (40 years  
in Australia)

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

8/10, wake refreshed

6 hrs. if gut ok.

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

morning } 8/10  
afternoon }

all day - if gut ok.

Medications and supplements

18 net 4-5

Zinc - if unwell (4 days) - spectrum  
VTC when longest centricals.  
more -

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

What is the reaction like?

white bread, cakes

grass

wraps - except g/f. - ok.

dairy - low lactase -

Height

Weight

Goal weight / dress size

154 cm -

eating out.

# Measurements

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

o/h plate

fruit  
BREAKFAST

• Egg Omelette - onion, tomato, herbs, cheese?  
• Nut based granola / puffed brown rice  
dried fruit, poppy seeds, sesame seed  
almond milk yogurt - flavoured  
fruit - every day

Morning snack

Fruit - seasonal fruit

LUNCH

Left overs - dinner.

Afternoon snack

Fruit / guaca / hummus.

<sup>rarely</sup>  
DINNER / dessert

Homemade - T / away once / week.  
2-3 days seafood - fish, crayfish,  
meat - red + white prawns,

WATER

TEA / COFFEE / COLA

ALCOHOL

always veg - asian - all colour  
Rice / pasta, no chicken, pork, beef  
1 / week. 4 / week. 2 / week.  
1 1/2 litre after + water 2 glasses.

green  
chicken, pork, beef  
lamb, real quail.  
purple / red  
mussels, octopus, squid, crab  
rarely a week  
socially  
Bitter. Veg. 4 glasses / week



fruit = Sugar / Dessert - slice cake  
red meat occasionally  
usually.

CRAVINGS:

AVERSIONS / DISLIKES:

milk / cream /

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

once/week.

What happens if you skip a meal?

- feels enormously unwell - shakily,  
dizzy, weak, faint, headache.

What is your energy like after a meal?

Ok except if big meal tired

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

↓ skip meals if stressed.

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

**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?)

no.  
↓ enormous after bread, cake etc.  
↓ don't like taste

**Bowels**

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

no.  
good day 3-4 (once)  
mostly 6-7  
once morning  
twice / day  
not hard to pass - sug

**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?)

low BP - want to faint  
fainting - neurologist - found nothing.  
- age 41/39 - sleep when driving  
Vertigo - X in spacial reactions.  
2 years - stopped.



### Kidneys

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

thirsty normal  
normal

### 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?)

heavy  
thick  
supper  
- 1 hr

(1 heavy) 1st day, 2nd day is heavy  
3rd - mid.  
clots - tendency to clot - pre  
peri-menopausal - regular / short.  
regular now, bad mood Δ's - 40+  
exhaustive 2 days prior - grumpy.  
normal

### Male Reproductive System

(Infections, lymph swelling, impotence, hernias?)

- get up during night  
v heavy - no cramping

### Cardio-vascular

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

always but odd - jumper  
↳ hypP

**Musculo-skeletal**

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

muscle cramps      numbness in bone  
→ Relieved w/  
hitting

**Skin**

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

chicken skin      good.  
work / no.

**Lifestyle**

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

↓      I love. too busy w/ 2 boys.  
tennis, swimming, walking - soccer  
3 nights (week)

**Physical Examination**

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

Nails:

good.

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

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

Tongue:

# funny. aches/vom.

Blood Pressure:

Pulse:



Weight.  
53kg.



Nature Care Wellness Centre

### Follow up Case Taking Form

Date: 16/8/18. Supervisor: Andrea Gelbeet

Student Name: Maere Beary. Client: Khanh Huynh.  
Vomited

Feedback from client (advice followed, any difficulties, concerns, successes)

2 periods ago - nausea, barely eat, drained  
2 weeks to get right, never regular  
Discharge is changing - thicker than used to be  
next period, same but not as bad  
High stress last 2 months - fight or flight  
last month, bad migraine  
Stress related - neck problem - physio sand  
muscular.

Family problems - sister's psychosis - in hospital  
major - psychosis.

Presenting Today: low BP. 100/68 Pulse 67.

\* stressed - Family issues.  
Feeling bloating again - nausea, stools not  
forming & cramps, hives, rash, exhaustion  
last period OK - heavy, clotting  
rash on arms, not that bad.

Treatment Plan: Vit D, iron, Calcium, Protein - count.

\* Haemogenesis.  
\* Biocuticals Vit D, Enterocare  
↑ H<sub>2</sub>O - BP control. Magnesium.  
Tahini, Broccoli, Cashew nuts - serotonin /  
melatonin, - calcium

Future Notes: turmeric + ginger daily (pm) 1/3 cup nuts + 1 cup  
water, cardamom.

- not in digestive - cortisol  
suppresses enzymes. cinnamon, pepper, turmeric  
+ ginger.

- deep breathing abdomen.

Nature Care College Pty Ltd - ABN 77 105 282 264  
178 Pacific Highway St Leonards NSW 2065 Tel: +61(2) 8423 8333 Fax: +61(2) 9436 0503  
email: info@naturecare.com.au website: www.naturecare.com.au



# Nature Care College

## PATIENT PRESCRIPTION

Date: 16/2/18.

Name: Khanh Huynh

### Dietary/Lifestyle Recommendations:

- 5-10 mins/day of relaxation/breathing
- ↑ H<sub>2</sub>O 2-3L/day
- Gf + Df Diet resume.
- Calcium - Tahini x 1 tbs/day, Broccoli, Cashew Nuts.  
x 3pm - 1/2 cup cashews, 1 cup H<sub>2</sub>O, turmeric, ginger, pepper & cardamom, cinnamon
- Monitor Protein Intake - slb 50g/day pure protein.

### Diet Sheets:

Supplements: B=Before, D=During, A=After	Breakfast			Lunch			Dinner			Bed
	B	D	A	B	D	A	B	D	A	
Entero care x1	✓									
MagneZinc every 2nd day			✓							
Biomedica Phyta D x2			✓							
Biomedica Biotherme				✓						

### Recommended investigations:

### Next appointment:



## Nutrition Client Case Taking Form

<b>Date</b>	3 April 2018
<b>Client Name</b>	Khanh Huynh
<b>DOB</b>	15/12/72
<b>Address</b>	15 Richmond Ave, St Ives,
<b>Ph</b>	04322592911
<b>Children</b>	2 boys – 11,8
<b>Occupation</b>	Migration Agent
<b>Referred by</b>	Maeve (friend)
<b>Presenting Symptoms</b>	<p>Food reaction – under control atm.</p> <p>Bloating, cramps, diarrhoea, flushes, exhaustion, gradual.</p> <p>Had condition since very young – when she would eat diarrhoea once/twice week as a child.</p> <p>Sever cramp.</p> <p>Born Vietnam, left age 3, 1 year refugee camp, nationalised age 4. Both parents Vietnamese, eating Vietnamese food mainly as a child.</p> <p>Moved to Sydney from Melb 5 years ago, starting eating out lots, bread/cakes never ate before. Things progressed, tummy aches, bloating. No normal stools, hives, pain, ok after diarrhoea got rid of pain.</p> <p>Covered in hives, wake up to scratch/bleeding.</p> <p>This Jan went to Italy on holiday – everything stopped!!! At pasta, gnocci, brown bread – no hives. Returned to Australia it started again.</p> <p>Did colonoscopy in Dec – did a clear out for prep – gave a lot of relief.</p> <p>Grass allergy suggested?</p>
<b>History</b>	<p>Ate out and had spicy beef noodle soup – felt awful – might be MSG?</p> <p>She also got new soy sauce and horrendous symptoms again.</p> <p>Miscarraige (D&amp;C) early 1<sup>st</sup> time</p> <p>Fainting episodes – investigated with neurologist, lots tests found nothing. Maybe Virus? Vertigo? Went on for 2 years, then stopped. Change in spacial feeling.</p> <p>Thyroid – growth/goitre removed, benign</p> <p>German measles (7)</p> <p>Mum: mental illness, psychosis age 90</p> <p>Dad: prostate cancer (age 60) and bowel cancer, died 86. 40 years in Australia</p> <p>Sister: mental illness</p>
<b>Sleep</b>	8/10, wake refreshed. 6 hours if no gut symptoms
<b>Energy levels</b>	8/10 morn and pm and all day if gut ok, if not energy 4-5
<b>Meds/Supps</b>	<p>Zinc if unwell (has been taking for 4 days) Spectrumceuticals</p> <p>Vit Ca when unwell</p>
<b>Allergies</b>	White bread, cakes, grass, wraps except GF, dairy (low lactase showed in blood tests), eating out!
<b>Height/weights</b>	154cm
<b>Breakfast</b>	<p>½ plate fruit, egg omelette (onion, tomato, herbs, cheese?), nut based home made granola – puffed brown rice, dried fruit, poppy seeds, sesame seeds, almond milk, yoghurt (flavoured) every day</p>

Morning Snack	Fruit – seasonal
Lunch	Left-overs from dinner
PM snack	Fruit/guacamole/hummous
Dinner	Home made. Take away once/twice/week. 2-3 days seafood – fish, prawns, mussels, octopus, squid, crab, meat and always with veg, eats bitter veg Rarely dessert except fruit. Or odd slice cake Rarely during week, socially 4 glasses wine
Alcohol	
Water	>1 litre. 2 glasses b4 and after meals.
Aversions	Milk/cream
Cravings	No
Takeaway	1-2 week
Skip meals	Feels enormously unwell, shaky, dizzy, weak, faint, headache
Energy after meal	Ok except if big meal, then tired
Stress eating	No. will skip meal if stressed.
GIT	Enormous flatulence. Don't like fatty food taste, reflux after bread/cakes
Bowels	On a good day Bristol Stool chart 3-4. Mostly 6-7. Once in morn and twice day after, not hard to flush
Resp	Low BP – want to faint.
Kidneys	Thirst normal
Female Repro	1 day heave – 1 <sup>st</sup> day light, 2 <sup>nd</sup> day heavy, 3 day med. Clots tendence. Peri-menopausal now regular/short. Grumpy 2 days prior then ok when it comes. Bleed heavy/thick Super tampon 1-1.5 hrs. get up to change during night. Always bit cold, low BP, likes to wear jumper
Cardio	
Musculoskeletal	Muscle cramps. 'Sometimes it feels my bones are numb', relieved by hitting
Skin	Chicken skin, otherwise good, good healing
Lifestyle	Tennis occasionally, swimming, walking, soccer w kids. Too busy w 2 boys
Nails	Good, no spots
Tongue	Furry, aches/virus atm.
Other	Doc testing for carcinoid syndrome? Had test done last year, stools H-Pylori, ulcer, treated with Abs
Blood Tests	Indicate low HCl. <u>Pancreas and Biliary dysfunction</u> are indicated (low ALP, Bili.) <u>Digestive insufficiency</u> indicated (Low total protein, low globulin). Alkaline (9.9 anion gap). IgE <u>Inhalent allergies</u> (grass pollen high). Faeces unformed (type v/vi Bristol stool sample), <u>H. Pylori</u> detected (stool sample and Urea breath test). Treated with Abs, urea breath test 6 months later was negative. Basophils and ESR elevated (indicated allergy). <u>Ferritin low (32)</u> . <u>Pancreatic lipase low</u> (low fat digestion indicated)
Management Plan	6 month – remove dairy and gluten Gut Heal and Seal. Look at pro-biotics after heal and seal protocol is finished to rebuild gut. Food Allergy Test, FBC if not feeling better after 6 months Address stress levels and work/life balance Establish acidity level



## **Treatment Plan**

### **Dietary:**

Dairy Free 1-2 weeks

Gluten Free - Change soy sauce to wheat free Tamari (label will say gluten free) eg

Spiral Foods

Food Diary – list reactions and time of day

**\*\* No MSG \*\*** - this causes a catastrophic reaction

Reduce fruit 2/3 pieces/day

### **Lifestyle:**

Limit take-away to one/week and aim to remove completely.

Re-commence exercise 3 times/week

Husband to help with meals, kids school activities

### **Supplements:**

Biomedica Enterocare – 1 tsp (5g) 1-2 times daily. Mix with liquid or sprinkle over room temp foods.

### **Handouts:**

Nature Care gluten free, dairy free diet sheets. List of calcium containing foods to compensate for removing dairy.

## **Follow up 12/5/18**

- Khan is feeling much better. Her stools are more formed, she has no bloating or diarrhoea. She has more energy
- She has been following a strict gluten free and dairy free diet.
- She has reduced her fruit to 4 pieces/day – finding it hard to decrease to 2
- No MSG and ate out once, verified there was no MSG in the food/Vietnamese. She felt fine afterwards and had no negative effects later on.
- She is concerned about where she will get her RDI of Calcium if dairy is out. I will give her a list of alternatives. She is a big fish eater. We can assess her intake of other sources and decide if she needs to supplement