



NAME Raechele Stevenson DATE 27/2/2020
ADDRESS 6 Joana Court Mitchell Park SA 5035
PHONE - MOBILE 0402 288 213
DATE OF BIRTH 27/4/69 MALE/FEMALE (FEMALE) EMAIL raechele562@yahoo.com.au
OCCUPATION - HEALTH FUND Bupa
ALLERGIES / INTOLERANCES / REACTIONS Hayfever (mainly spring)
- Symbicort (1) DIMAZIDE - diuretic (2) *TAMM NSA
- TURSE
MEDICATIONS AND/OR SUPPLEMENTS Blood Pressure med twinstar.
cholesterol medication + fluid. 1000iu
(1) ATORVASTATIN Vitamin D
(2) EZETROL
ALCOHOL / SMOKING / REC. DRUGS N/A

YOUR HISTORY (injuries/ surgery/ past major illnesses/ childbirth) BSUS only
High Cholesterol High Blood Pressure
had when and away recently (had pain) was only

PAST HISTORY: MOTHER Cervical cancer FATHER Diabetes / MS
HBP / cholesterol
OTHER - OTHER -

YOUR SYMPTOMS / REASON FOR VISIT-

Weight Loss
Doing the 4 in 5 Program with
Suzanne
- low ENERGY lack of motivation
perimenopause
no period 6 months (then had one recently
(no pain anymore)
has period on day 3 (can be heavy or light
(Fatty liver?) (had ovarian pain)

DIET

BREAKFAST

Granola / Toast Coffee or Tea
yogurt fruit
milk

LUNCH

Roll
sushi

DINNER

chicken Rice Vegies * enjoying Food
→ her something sweet

WATER INTAKE AND OTHER BEVERAGES

Water - 5 glasses filtered (soda H₂O, tea, long/milk in coffee)
may 1 tea or coffee in the morning
* Bowel : every morning (always) , sometimes bloated
* Sleep 10pm bed sleep 11am - 5am Awake.
(sometimes not in bed) good * Headaches - dehydration
* hard like more energy * not sick often

exercise walks, joined gym

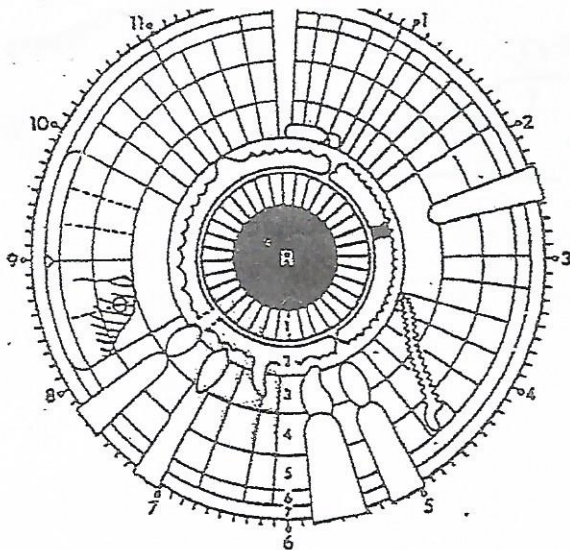
(88) today $\begin{pmatrix} 150 \\ 97 \end{pmatrix}$

* pure to cash
from dust & cash

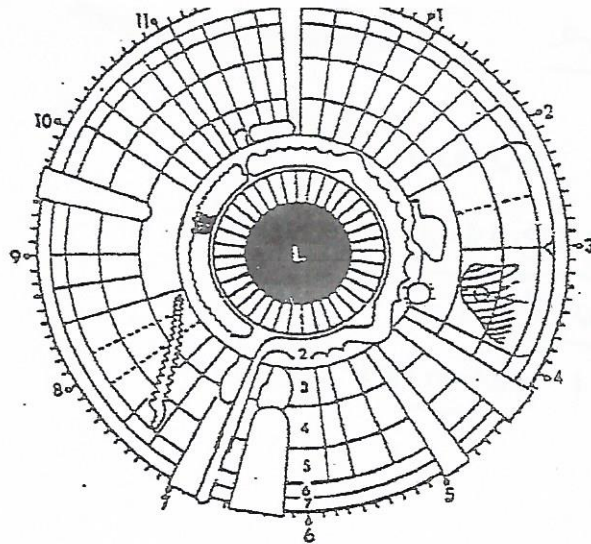
Ankle pain few months

* NAIIS - - SNIS
- good

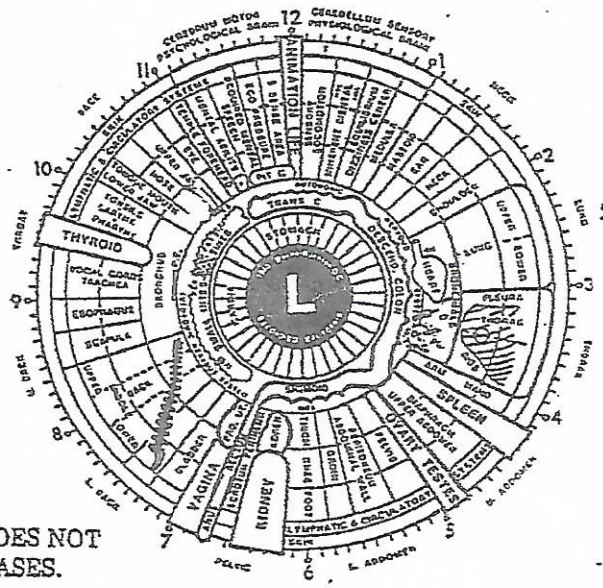
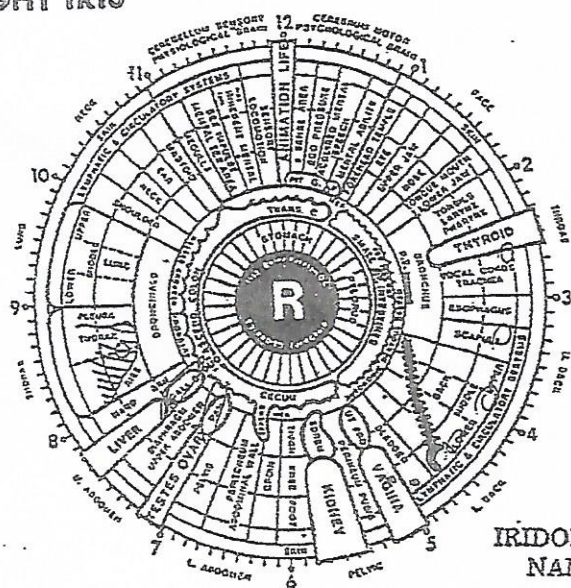
related to - oranges - seth cysts
- MSG - on face
- Acid foods



RIGHT IRIS



LEFT IRIS



IRIDOLGY DOES NOT
NAME DISEASES.

live

- st. review
- dysbiosis
- cadfa
- 1 person

Dry

& Inflammation

prog

antibiotic

detox
→ estrogen

- probiotic

- Thyroid ?
Adm

Reference for a
Dietician.
I didn't use!

Dr Christina Cheung

M.B.B.S.

Provider No. 0473996F

453 Morphett Road

OAKLANDS PARK SA 5046

T: 08 8375 7000 F: 08 8375 7001

Mailing Address: PO Box 7039 SEVEN HILLS NSW 2147

7th February 2020

Ms Lee Johnson
453 Morphett Rd
OAKLANDS PARK SA 5046
Phone: 08 8375 7040
Fax: 08 8375 7041

Dear Ms Johnson,

Re: Miss Raechelle Stevenson
5080 48878 7 / 1
6 Joanna Court
MITCHELL PARK SA 5043
My Record No.: 39365
DOB: 27/4/1969
Phone: 0402 288 213

Thank you for seeing Miss Raechelle Stevenson, age 50 yrs. for weight management
Current weight 93.5kg BMI 37.9
Goal weight 80kg
Please review

Past History:

Date	Condition -- Comment
7 September 2012	Hyperlipidaemia
7 September 2012	Hypertension
20 March 2013	Asthma seasonal asthma in cold weather
19 March 2014	GORD (Gastro-oesophageal Reflux Disease) Treated with Somac by Dr Caldwell
December 2014	Acne rosacea
1 April 2015	Acne
18 January 2016	Atopy see allergy skin test report
24 January 2020	Vitamin D deficiency

Allergies:

No known allergies.

Current Medications:

Drug Name	Strength	Dosage
ATORVASTATIN Tablet	40mg	1 Daily As directed
BOOSTRIX PRESERVATIVE FREE Injection		as directed

DTP
vaccine

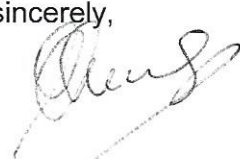
✓ PAFEX
wriggled on
postulate effect
✓ CO Q10 10
✓ KTUAS most
net
control

Adaptin - larger additive
effect

DITHIAZIDE Tablet	25mg	half tablet mane
ENGERIX-B (ADULT)	20mcg	as directed — (Hep B)
PRESERVATIVE FREE Injection		
EZETROL Tablet <i>chew</i>	10mg	1 daily
OSTEVIT-D ONE-A-DAY VITAMIN	1,000 units	1 daily
D3 Tablet	(25mcg)	
ROZEX Gel	0.75%	apply bd
SYMBICORT TURBUHALER 200/6	200mcg-6mcg/act	1 Twice a day If required
Powder Inh	uation	
TILADE CFC-FREE Inhaler	2mg/dose	2 puffs 3 times a day prn
TWYNSTA Tablet	80mg/10mg	1 In the morning As directed

Thank you.

Yours sincerely,


Dr Christina Cheung
 M.B.B.S.
 0473996F

Date: 27/2/20
 Name: RACHELLE STEVENSON
 D.O.B.: 1980
 PH:

Your Prescription

Do not exceed recommended dosage. Take medication strictly as directed. If you have any issues or questions, please consult your Practitioner.

Supplementation Dosage:

Supplement	Dosage Instructions
* Coenzyme Q 10 / Ubiquinol	(to check)
* Urea from meta control (prescription)	before bed
* CANDIDA + PARTNER'S HEALTH	to be advised
* Adrenostress - Adrenal + hormone support.	4 sprays under 3 x daily in between meals.

*Maximum of 2 repeat scripts per supplement. This script is valid until . After this time please return to your Practitioner.

Additional Supplement Directions: * EVENING PRIMROSE OIL - 1000mg 2 x daily

Next doctor
Thyroid?

Dietary Recommendations:

* Your BLOOD PRESSURE today was 150/97 ed 141/92

* INCREASE GOOD FATS - COCONUT OIL, AVOCADOES, OILY FISH NUTS AND SEEDS

Lifestyle Recommendations:

* PLEASE let me know of your BLOOD TEST

Practitioner Name:

Clinic contact details:

Rachel Stevenson

* Adrenostress

* positive fix

* CMTA Root meta control

* Co Q10

- Am - x ?

n
ed to you.

yes to

- ① - prey
- ② - Am - y or
CAERO - y
- ③ - Address
- ④ - Wks Boes
melt central

Handwritten notes in a box, possibly a signature or date.