Kate Driver
Wellness Practitioner and Naturopath

(Amy Johnson)

NAME TRACY SCHULTZ DATE 28/02/2019

ADDRESS 20 GILBERTSON RD, SEACLIFF PARK

PHONE MOBILE 0413 302 431

DATE OF BIRTH 21/01/1958 MALE/FEMALE EMAIL schultzrica@hotmail.com

OCCUPATION Retired HEALTH FUND HEALTH PARTNERS

ALLERGIES /INTOLERANCES/REACTIONS CEPHELEXIN (HIVES/RASH), STATINS (DEPRESSION/MELANCHOLY)

MEDICATIONS AND/OR SUPPLEMENTS OLMETEC (HIGH BLOOD PRESSURE) Before bed. (Potassium sparing)
NEXIUM (GENERIC BRAND), BLACKMORES Daily Pro Biotics
(7 years) AM - ½ tablet
- If doesn't take it can get reflux
Grape Seed Extract → will start again

ALCOHOL/SMOKING/REC. DRUGS N/A

VITAMIN LAW - 65

YOUR HISTORY (injuries/ surgery/past major illnesses/ childbirth) 3 BIRTHS, MIND SLEEP APNOEA, ago 10 yrs - torn shoulder (frozen shoulder)
REFLUX (MINOR OESOPHAGEAL STRICTURE) High Blood pressure Superficial Phlebitis L Leg, Proctalgia Fugax, Left ovarian cyst, Recent (20/2/19) D+C with polyp removal in uterus last week
recent;

PAST HISTORY : MOTHER ~~Heart Disease~~ FATHER Heart Disease.

OTHER triple bypass @ attack † 58 OTHER † 61 went thro menopause at 50 grumpy + hot

YOUR SYMPTOMS/ REASON FOR VISIT-

Weight gain, low energy in afternoons 3pm, Reflux
Needing a general 'TUNE UP'
last 5 years lost hair from + eyebrows

* Put on extra 15 Kilos since may (~~stress/death~~) now 120 kilos

BP gone up since D weight 155 up to 167

narrow oesophagus

Diet:

Systems: (digestive, bowel, respiratory, circulatory, heart, reproductive, urinary, immune, sleep, tongue, sense organs, hair, skin, nails, eyes, extremeties, appearance......)

Sleep ? 9 hours sleep
wakes up okay

Bowels 2 daily

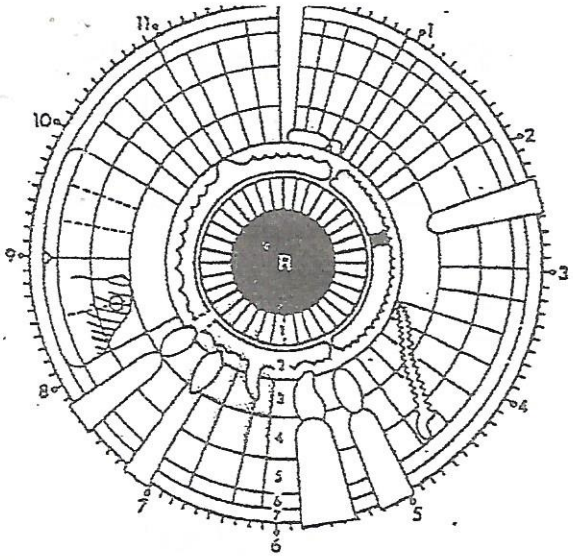
resp. not sick often
usually goes to chest

Skin okay bugs bites often
but dry
sensitive skin

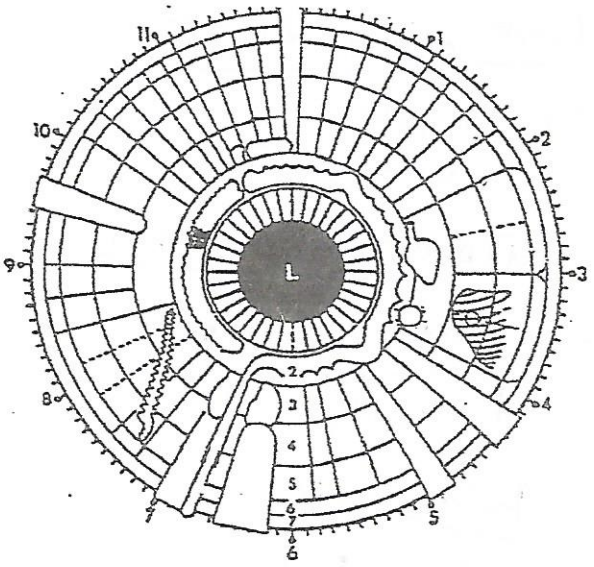
* if neck is out has headaches

* Osteoarthritis lower spine

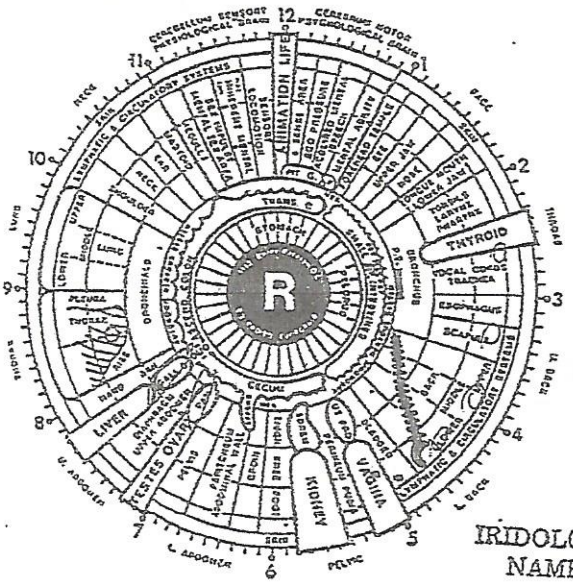
Hair - good bit soft.

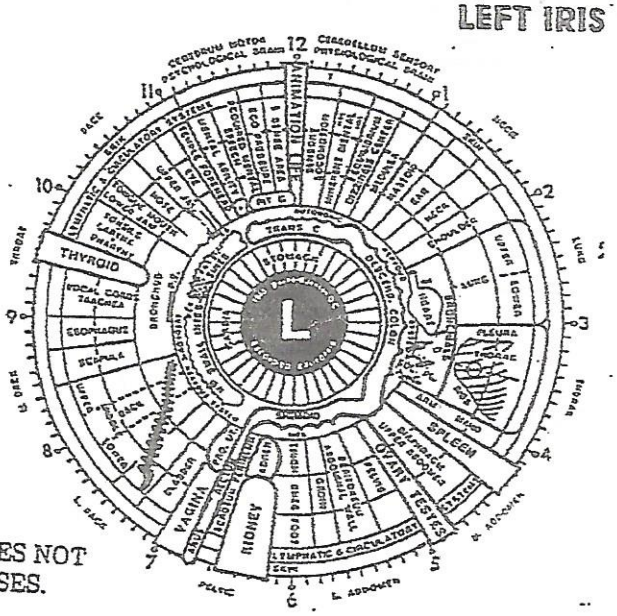


RIGHT IRIS



LEFT IRIS





IRIDOLOGY DOES NOT NAME DISEASES.

Blue

Stone

Silk

Uterus

neck/shoulder

Copper

pancreas

Rapid Sodium

Kidneys

Adrenal

Sodium Rx

tumor

/Thyroid

Chr good RBC'S

- ↑ eosinophils
- ↑ WBC'S
- dysbiosis / candida
- liver spirulos
- t-cells
- Fibrinogen
- leaky gut

Daily good colo.

- ↑ upper bowels
- Inflammation

* leaky gut

swollen neck started 2 weeks

- Coconut oil
Fish oil
* Co Q10.

Estrogen dominance

Androgens

- thyroid.

Butter
Tweedvale or Paris creek reduced fat milk
Black Tea, Earl Grey black
Latte Coffee — + milk
Carmen's Gluten free muesli, Rolled Oats
Kibbled Rye bread + jam / avo
Eggs + toast
All Veg, All fruit
Meat, Pasta, Fish
CHEESE - daily ; all brie
Rice crackers, Cruskits, Saladas
Nuts - raw walnuts/ almonds/ cashews 3 x week
yoghurt - 3 x week
Rice

H2O 4-5 glasses - spring water

AM

EATS OUT
At breakfast
- corn fritters
- baked veggies

lunch salads / rice crackers
tuna + corn + mayo
Frozen Focaccias -

PM
- veges
- meat chicken veges / salad
Pans Creek - pasta 1 x week - veges

cheese + rice crackers or nuts.

WEEKEND
choc bullets, potato chips ; ½ packet of each
plain mineral water
Dry Ginger Ale. (non-alcoholic)

MEDICAL
Mild Sleep Apnoea
Reflux (minor degree of oesophageal stricture)
Superficial Phlebitis Left leg
Proctalgia Fugax — anal sphincter 1 x every 6 month.
High Blood Pressure
Left Ovarian Cyst

Medication
Olmetec (High Blood Pressure) 40mg, 1x daily
Nexium (Generic Brand) 20mg, ¼ daily

Supplements
Blackmores Daily Pro Biotics
" Grape Seed Extract

Date: 25/5/19

Name: TRACY SCHULZ

D.O.B.:

PH:

Metagenics
Genetic Potential Through Nutrition

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
Continue	
* Energy-X	
until your BASAL BODY TEMPERATURE IS 36.4°C and above	
* STAY ON PROBIOTIC → UNLESS MORE INTENSIVE CARE BEFORE BED	
* KEEP CURCUMIN AND [illegible] for now	

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

Additional Supplement Directions:

* AVOID BREAD UNLESS BAKED and TRY COMING OFF YOUR NEXIUM WITH THE NEW SUPPLEMENTS

Dietary Recommendations:

STAY OFF WHEAT, SUGAR AND DAIRY AS MUCH AS possible.

Lifestyle Recommendations:

Practitioner Name: _____ **Registration No:** _____

Clinic contact details:

Your next appointment is on _____

at _____

Please give 24 hours notice if you need to postpone an appointment so that others may use the time allocated to you.

18/7/19

no SUGAR cravings

* Using SB Flora Active - Biocare 2x day
Ultra Flora Fer.

* lost 10.3 kilo - since Feb/March

BBT not over 36.1

ON Nexium, 1/4 daily
Still on Optimistic

LIVE
* dysbiosis
* T-cells
* parasites

DRIED
Bowels - 2/1

(BP) - better 130 - 135 / 69 - 70.

Date: 18/4/19

Name: [redacted] SCHMIDT

D.O.B.: _____

PH: _____

Metagenics
Genetic Potential Through Nutrition

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
* ENTEROCARE	1 teaspoon of enterocare before each meal 3 x daily
* BOWEL DIGEST	4 sprays [redacted] x daily until finished
* START ENERGY-X	1 scoop in water or almond milk after breakfast and lunch

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

Additional Supplement Directions: START GASTRO AID - 1 CAPSULE WITH MEALS 3 x daily; for 2 weeks before you reduce NEXIUM

* FOR PREVENTIVE COLD/FLU TAKE ETHICAL IMMUNE ZORB IMMUNE DEFENCE 1 daily, 2 daily if you get sick

Dietary Recommendations: * HAVE JUICING ONCE A WEEK

CONTINUE COCONUT OIL and DIET AS BEFORE

Lifestyle Recommendations: _____

Practitioner Name: _____ **Registration No:** _____

Clinic contact details:

Your next appointment is on _____

at _____

Please give 24 hours notice if you need to postpone an appointment so that others may use the time allocated to you.

MET6184 - 11/18

23/5/19

* got sick / virus [illegible]

finished Bowel Digest, enterocare

Still on - Gastro Aid
- energy - X.

Tried to REDUCE Nexium
- still had burning after 3 days
back to

pyloric sphincter doesn't close

* toothache settled down; 1 x week pain [illegible]

* (BP) x good

Urine
- ↑↑ WBC's
- dysbiosis / candida
- urinary acid

BRIEF
↑ inflammation

Date: 28/2/19

Name: TRACY SCHMIDT 2

D.O.B.:

PH:

Metagenics
Genetic Potential Through Nutrition

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	Breakfast Dose			Lunch Dose			Dinner Dose			Bedtime	Away from Meals	With Meals
	Before	During	After	Before	During	After	Before	During	After			
ENTEROCARE									½ teaspoon in a little water before meals	✓		
(GUT HEALING/ PROBIOTIC)												
MATRIX PHASE DETOX			✓	Heaped teaspoon								
(LIVER DETOX SUPPORT)				+ drink of water								
INTEGRATOR			✓ 1 capsule			✓			✓			
(CANDIDA/ FUNGAL)												

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

Additional Supplement Directions: Next weight loss probiotic
Thyroid if needed - long term.

Dietary Recommendations: TAKE 2 TEASPOONS OF APPLE CIDER VINEGAR IN A LITRE WATER BEFORE EACH MEAL OR ON SALADS OR VEGIES

& FOLLOW LOW GLYCAEMIC LOAD DIET

Lifestyle Recommendations: NEXT THYROID BLOOD TEST ARE
- T.S.H
- FREE T3
- FREE T4
- THYROID ANTIBODIES

Practitioner Name: _____ Registration No: _____

Clinic contact details:

Your next appointment is on _____

at _____

Please give 24 hours notice if you need to postpone an appointment so that others may use the time allocated to you.

MET5233 - 09/17

21/3/18

Int. fasting?

↑ energy feels ↑

↓ Bloating above belly

- on the Wexium now

* back on grapeseed extract

- will start apple cider soon

* lost 4.2 kilos

on Grapeseed

- Almond milk has sugar in it

no lollies

having lindt 85% chocolate 2 pieces

" the packet chips

(BP) at home 121/70

Lower

- sl. rouleaux

sl. crenated / sl. dysbiosis

- sl. acid

- Fibrinogen

Decreased

- inflammation

good colour.

- Fibrinogen

Date: 21/5/19

Name: TRACY SCHULTZ

D.O.B.:

PH:

Metagenics
Genetic Potential Through Nutrition

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	Breakfast Dose			Lunch Dose			Dinner Dose			Bedtime	Away from Meals	With Meals
	Before	During	After	Before	During	After	Before	During	After			
Continue												
- Inflammex			✓			✓			✓			
- Entrocare										✓	Before	
when you stop Nexium take before breakfast also												
Inflammex Phase Detox			✓	1 heaped teaspoon until finished								
when finished start Basic Digest				4 teaspoons under tongue								
				~~½~~ Next CoQ10 (me)								meals 3 x daily
take 2 hours away from antibiotics if needed												

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

Additional Supplement Directions:
* please let me know if you get symptoms coming off Nexium

Dietary Recommendations:
Continue Diet as before

Add 1-2 Tablespoons of coconut oil Daily

Lifestyle Recommendations:

Practitioner Name: _____ Registration No: _____

Clinic contact details:

Your next appointment is on _____

at _____

Please give 24 hours notice if you need to postpone an appointment so that others may use the time allocated to you.

MET5233 - 09/17

18/4/19

* BBT 35.9, 35.7, 36.4, 35.2, 36.2
35.9, 36.2, 36.2.

* no niggly colicky feeling in bowel
stools don't smell anymore

* Nexium went off and got bad burning

Started Bowel Digest; finished enterocure 1wk
mgh2

Finished Detox

* tooth problem -> porcelain filling -> pain in
(no infection)

-> taking panadol
last 6-9 weeks

Liver
- t-cells
- sl. dysbiosis
-

ORCED 190
Inflammation

(BP) - (140/68) yesterday

Thyroid

Date: _____

Name: 18/7/19

D.O.B.: _____

PH: TRACY SCHULTZ

Metagenics
Genetic Potential Through Nutrition

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
* ULTRA FLORA INTENSIVE CARE	1 capsule before bed
* INVESTICLEAR	1 capsule 3 x daily
(take at least 2 hours	away from medication)

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

Additional Supplement Directions: * EAT PUMPKIN SEEDS daily (to help fight parasites)

Dietary Recommendations: * INCREASE WATER INTAKE TO AT LEAST 2 LITRES DAILY

Lifestyle Recommendations: * EXERCISE EACH MORNING

Practitioner Name: _____ **Registration No:** _____

Clinic contact details:

Your next appointment is on _____

at _____

Please give 24 hours notice if you need to postpone an appointment so that others may use the time allocated to you.

MET6184 - 11/18