

Mr Kym Chilton

Initial Consultation

Date of birth	7 Sep 1973	Practitioner	Nicole Chester
Address	Mr Kym Chilton 62 Meemar Street Chermside Qld 4032 Australia	Created	11 May 2024, 1:59PM
		Last updated	20 May 2024, 9:01AM

NDFV	
Age	50
Status	married - Tash
Emergency contact	Natasha Chilton
Children	4 girls
Occupation Past - present	Telstra- Microelectronic engineering
Pregnant - Breast-feeding	NA
Height - Weight	98.3kg
PRESENT COMPLAINT	<p>Recent episode whole driving in tunnel, with sudden onset chest pain, left arm pain, palpitations, confusion, had trouble exiting. some self limiting sharp pains at night recently also</p> <p>ECG was normal and no sign of Troponins</p> <p>BP - little elevated at night</p> <p>24 hr monitor revealed Bp was quite stable otherwise with some sinus Brachycardia</p> <p>highly elevated ferritin GGT, LFT's</p> <p>noticed brain fog, poor memory. cognition, word recall</p>

down to 95.9 in a week, with initiating exercise again

**\*\*CTCA - Left anterior descending 30-40% stenosis arterial disease  
ca+ score 46 both calcified and non-calcified\*\***

---

**Other care - GP - Specialist**

cardiologist, GP

---

**Pathology**

bloods revealed post event..

**Ferritin 449**

iron 17

**HB 161**

trans IBC 48

trans sat 36

Platelets 242

Neut - 3.4

**Lymph 1.9**

**Mono 0.5**

**Eosin 0.06**

**baso - 0.06**

ESR 5

CRP <5

**cholesterol 5.7**

**TG 4.0**

**HDL 3.02**

**LDL 4.84**

Sodium 137

Potas 4.3

Bicarb 28

**Glucose 5.2**

Urea 4.8

Creatinine 84

**U.A 3.6**

GFR >90

**Alk Phos 95**

**GGT 260**

**ALT 54**

**AST 33**

Ca+ 2.41  
adjust Ca+ 2.31  
Phos 1.0  
**Hba1c 5.2**  
**B12 325**  
folate 40.9  
TSH 1.4

---

#### Past Complaints

---

#### Medical Hx

---

#### Family Hx

paternal grandfather - AMI  
maternal - stroke

---

#### Current symptoms - HAQ

Indigestion, food sits, bad breath, heartburn after spicy citrus alcohol, dark or black Taryi stools, excessive gas, loose watery bowl, black or dark colour patches in stools, rectalpain/cramps, unexplained itchy skin\*, clay coloured stools, malaise/weakness, fluid retention/oedema, dry skin and hair, Fatigue sluggishness, feel cold sweaty, \*feel hot, weight gain, low mood, low libido, fatigue notable weakness in limbs, nervousness, irritability, restlessness, visual disturbance/staring gaze, \*feel stressed, \*nervous tense, unable to relax, \*feel sensitive overwhelmed unable to cope, low mood mood swings, \*difficulty concentrating or thinking straight, \*Need stimulants, \*feel fatigued after stressful day or event, find it hard to get up and going in the morning, nausea/dizziness. palpitations/chest pain, premature ejaculation, low energy stamina, skipping meals causes fatigue weakness, difficulty concentration of miss meals, feel agitated if miss meals, \*increase thirst and appetite, fatigue drowsiness, \*profuse sweating, \*dizziness when stand from seated position, unintentional weight gain, \*frequent cold and flu, \*nasal congestion or discharge, \*history of inflamed throat tonsillitis, \*scratchy throat, \*persistent frequent cough, \*swollen glands in neck, armpit groin, migraine/headaches, sneezing, coughing, wheezing, certain foods worsen symptoms/\*heart palpitations increased effort to breathe wheezing, cough, dry or moist, noisy rattling sounds when breathing, loud snoring, Urgency of urination, in frequent urination, prolonged recovery after exercise, low exercise tolerance, shortness of breath, \*difficulty thinking straight, headaches, redness and face, history of high blood pressure, palpitations, dizziness, pain or heaviness in central chest, pain or sweating with chest discomfort, shortness of breath lying flat on sudden waking in the middle of the night, wheezing or dry cough,\* history of

high blood cholesterol , lower back/hip pain, \*muscle tightness tension, \*muscle cramps/spasms, muscle twitch, muscle weakness, muscle loss and wasting, tender read stiff joints, dry mouth, dry eyes, creaking joints, limited range of motion, difficulty standing from seated position, ringing in ears, Numbness pins and needles in limbs, unsteady on feet, difficulty falling and staying asleep, find it difficult to keep still fidgety, short attention span, mental confusion sluggishness, dandruff, fungal infections, acne

---

**Medication**

statins, aspirin

---

**Supplements**

started on mega magnesium and NAC post blood work

---

**Current Diet - Fluid Intake**

alot of room for improvement

---

**Toxic Burden - Alcohol - Drug Use**

Hx - binge drinking

---

**Stress - Trauma**

high stress job and home life, 4 teenage girls

---

**Sleep - Vitality**

noticed cognition changes

---

**Exercise - Relax**

not been exercising as much, with work load.

---

**Signs - Markers**

middle weight gain, increased BMI

---

**Allergies**

---

**FINDINGS - ASSESSMENT**

herbal - circulation, RBC aggregation? mental clarity, cognition, reduce lipodaemia, heart efficiency? increase NRF2, liver repair, phase 2 detoxification, reverse insulin resistance/MetS, Increase anti-oxidants (high GGT) reduce systemic inflammation. Endocrine --> CNS/thyroid  
NAC, activated B's (B12, P5P, folate, E, selenium, chromium), omega 3's)

Reactivation of viral load?

dark patches in stools ? --> further Ix?

---

**Pathology Requested**

---

**Rx - PROTOCOL**

Herbal 540mls  
Ginkgo Biloba 80

Arjuna 100  
Schisandra 90  
Motherwort 70  
Globe Artichoke 100  
Rosemary 80  
Ginger 20  
7.5mls bd before meals  
\$105

MagTaur Xcell 200gm \$40 - 1 scoop (may alternate with alkamin calm)  
Lysine 150gm \$18 - 3/4 tsp  
Proline 150gm \$30 3/4 tsp  
Clinical lipids \$60 1 bd  
NAC \$21 - 1 scoop bd  
Resist X Advanced \$56 1 bd  
Biosorb Q10 150mg 60's \$55 1 od  
Ultra liposomal C \$32 3/4 tsp  
E500 with selenium \$41 1 od (alternate with resveratrol  
Resveratrol healthy aging \$52 1 od  
S.Bifido 60's \$42 1 bd finish course  
Freight \$23

**TOTAL \$575**

**DIET - LIFESTYLE PLAN**

low CHO Mediterranean Diet  
follow rules to reverse MetS  
include microcirculation foods daily, especially garlic

**Record - Complete**

- ☒ Diet & Symptoms
- ☐ Basal Body Temperature
- ☒ Blood Pressure
- ☐ Blood Glucose
- ☐ PH
- ☐ Symptothermal Charting
- ☐ HAQ
- ☐ Mood Appraisal

**Review - Next Visit**

other herbs to consider- korean ginseng, hawthorn, dan shen, gotu kola, maritime pine,  
bilberry, withania, antivirals? more stress support if not on cardios

Liver detox, gut repair, more CNS/adrenal support  
bromelain? spike proteins and arteries