

Akiho Oda

DOB19 Aug 1986

Appointments

Date	Time	Type	Practitioner
19 Dec 2024	2:00PM – 3:15PM	Initial Naturopathic (75 mins)	Nicole Chester

Treatment Notes

Initial Consultation

Practitioner: Nicole Chester

Appointment: 19 Dec 2024, 2:00PM

Created: 19 Dec 2024, 1:52PM

Last updated: 12 Jan 2025, 6:48AM

NDFV

Age

38yrs

Status

married

Emergency contact

karthik Rajanindran 0416 044 883

Children

3 years, 4 in 3 months

Occupation Past - present

hairdresser at home, in Sydney

Pregnant - Breast-feeding

PREGNANT - 9 wks +

Height - Weight

PRESENT COMPLAINT

Pregnant

hormone changing, started getting thick pimples around the mouth mostly

looking after myself, but struggling to cook and eat with nausea

worrying about lack of nutrition, stress.

last pregnancy - good natural birth, 41 wk + 1 day - born, was quite active then 10 months after giving birth -- very weak- felt very sick

this time 6-7 weeks was worst for morning sickness.

nauseous, exhausted, on big move. so nauseous

wake 5-6am, bed at 7pm

energy is ok now. Take Tresos natal in morning
was tired -

few months after vaccine - fell pregnant, by 8 weeks, had D and C to clear, first
miscarriage ever had.

in-between - had Pfizer vaccine. lost, couldn't see a heart beat

post vaccine pimple on right side face --- skin went orange like rickets , slowly worse and
worse, still swells now

get head ache, so sleep face down

last pregnancy- took iron tablet, stopped after gave birth,
all these things started post vaccination, then AB after surgery,
had eardrum burst - had AB

keep take probiotics

GUT -- was very healthy -- poo 5 x day, quite natural

feel organs have been moved - bowel more sluggish with this pregnancy
not feeling like a good empty, poor form, changed.

another naturopath - had me in probiotic

Other care - GP - Specialist

no set GP, only just moved here

Pathology

25.11.24

iron 24.5

sat 49 H

ferritin 68

HbA1c 5.0/31

Hb 132

Haemocrit 4.2

MCV 91

MCH 31.2

platelets 211

TSH 1.72

vit D 101

Past Complaints

Medical Hx	
Family Hx	
Current symptoms - HAQ	no HAQ completed
Medication	none
Supplements	using coccus - nausea
Current Diet - Fluid Intake	struggling with cooking and eating, eating small amounts rice paper roll, salad with tofu and dinner, lunch all meats,
Toxic Burden - Alcohol - Drug Use	
Stress - Trauma	had alot of stress with moving and around time of covid and vaccine
Sleep - Vitality	
Exercise - Relax	energy has picked up, tired at times
Signs - Markers	small pimples all the way around mouth
Allergies	
FINDINGS - ASSESSMENT	feel has a number of compliaction initiated by Covid vaccines, which has raised Akiho's anxiety around pregnancy. Skin eruptions are around the mouth --> higher hormone load + poorer elimination, support mostly digestion and nutrition. *monitor Iron
Pathology Requested	iron holding up ok, but need to monitor. fell low in last pregnancy. Next Blood work -Full bloods to include liver enzymes, electrolytes, fasting Blood glucose, full iron Studies, B12, folate + vitamin D, Zinc
Rx - PROTOCOL	continue tresos natal and nordic fish oil add S. bifido Biotic - 1 bd - 2 weeks Probiotica clinical - 1 sachet daily Prebiotica Regenex - 2 scoops nocte

silybum (optional) 1 bd for nausea

DIET - LIFESTYLE PLAN

Mediterranean diet – good clean eating, quality protein (mix of fish, red meat and poultry, selection of different coloured veg and good fats)

Eat minimum once daily - Dark green leafy veg (silver beet, kale, broccoli Asian greens- pak choy, bok choy)

Try to add protein to every meal and snack

Sunshine ☼ daily

Use Beef Liver – 1- 4 daily, dosage pending iron status

Record - Complete

☐ Blood Glucose ☐ PH ☐ Symptothermal Charting ☐ Diet & Symptoms ☐ Basal Body Temperature ☐ Blood Pressure

☐ HAQ ☐ Mood Appraisal

Review - Next Visit

4-6 weeks

post bloods

Patient Forms

There are no patient forms for Akiho Oda.