

Amanda Whitford

DOB27 Jan 1976

Appointments

Date	Time	Type	Practitioner
20 Nov 2024	1:00PM – 2:30PM	Initial Naturopathic (75 mins)	Nicole Chester

Treatment Notes

Initial Consultation

Practitioner: Nicole Chester
Appointment: 20 Nov 2024, 1:00PM
Created: 20 Nov 2024, 12:42PM
Last updated: 3 Dec 2024, 7:58AM

NDFV

Age48

Statusdivorced

Emergency contact

Childrennone

Occupation Past - present

stopped work in 2018

to care for parents, last two years been stressful - mum had a bad fall, broke 4 vertebrae

built in 2012 dual living arrangements. but now have them in a facility.

Pregnant - Breast-feedingNA

Height - Weight161 , 73kg

PRESENT COMPLAINT

Morning Nicole

Was a bit hard with hormone questions to answer accurately- I had **arendometrial ablation 6 years ago 2018** and have not bled since. I had procedure due to heavy bleeding every 20 days for several years prior. Its difficult now to know what my cycles are due to not bleeding anymore but am sure I am definitely perimenopause.

My appetite has been really off so only eating very small amounts eggs, fruit and some chicken, dinner time appetite bit better but am forcing myself to eat in morning and through the day.

I had **pyrrole testing done with you in 2012** which came back borderline mauve status

Herb Bar | Created 1 Apr 2025, 11:18AM

1 of 6

I have *thalassemia minor* which shows up on my bloods.

I had my *gallbladder* removed in 2004

Appendix removed 2023

Kindest

Amanda

Brain Fog

Tension is high, wired but tired, anxiety, mood - flat. am I going to have the energy to get through it?

don't have motivation, desire, drive, weighted down, mental health hasn't been good, got through the move, then went downhill

low appetite - Since March 2024, been stressful last two years

I'm better in late arvo- evening

indecisive, crying all the time, scared of everything, fearful of something bad happening

hot flushes - daily, feel hot after tea

Other care - GP - Specialist

always get told all bloods are normal

Pathology

Thalassaemia minor

Iron 17, saturation 26%,**ferritin 169,**
CRP 3.6,
RBC 5.7 high,
MCV low,
haemoglobin 119,
Neutrophils 9.14 high,
lymphocytes 1.63,
monocytes 0.53,
Eosinophils 0.21,
basophils 0.07,
platelets 437 high,
Androstenedione 14.6 H,
ESR 8,
Test 1.9, SHBG 45, free testosterone 29, FSH 8, LH 2, E2 478, prolactin 213,
TSH 1.29, T4 14.8
fasting blood glucose 7.6,
Billirubin 28 high,
AST 17 GGT 11,
sodium 139

potassium 4.3
 bicarbonate 24
 anion gap 10
 calcium 2.3- corrected,
 RRV neg, CMV - neg

Past Complaints

Amanda saw me back in 2012, and remember fatigue and flat mood was always most prominent.

Medical Hx**Thalassaemia minor****High Blood pressure - bottom reading higher at 90**

Gilberts syndrome?? has been mentioned... due to thalassaemia?

2018- ablation, no period since

20 years ago - gallbladder out, gallstones

appendix - last year, was building, doubled over with pain

middle ear infections

past EBV infection

Family Hx

thalassemia - mums side nitrovalave replacement - heart issues

2 brothers, older brother anxiety

father - depression, plaque in arteries

Current symptoms - HAQ

gut - burp, food sits, bad breath, loss of appetite** gas, loose bowel/constipation
 incomplete empty, nausea/vomit, undigested food, narrow stools, foods cause
 sensitivity

liver - pain under ribs, yellow cast to skin/urine, dry skin/hair, malaise, weakness.
 oedema, easy bruise/bleed gums

thyroid/adrenals -swelling in neck, fatigue, intolerance to cold/hot, puffy, low
 mood/libido, weakness in limbs, staring gaze nervousness/irritability. all signs of
 adrenal definition***, feeling stressed and overwhelmed, needing stimulants, fatigue
 after a stressful day, difficulty getting up in the morning, hard to stay awake through the
 day, nausea, dizziness, palpitations/chest pain? poor concentration.

Hormones - PMS***was very symptomatic pre-ablation, very heavy periods, cravings,
 depression, , migraines, increased facial hair, miscarriage, flushes/night sweats

dysglycaemia*** all symptoms of blood sugar dysregulation.

Haem - prolonged recovery from exercise, shortness of breath, pale eyelids, restless legs

	<p>at night</p> <p>musculoskeletal -muscle cramps, spasm, , twitches, waek lower back pain, muscle tightness, dry mouth and eyes, bone hip pain,</p> <p>anaemia - low exercise tolerance, points sore to touch</p> <p>immune - frequent colds/flu, scratchy throat, tonsilitis, hair loss, glands, sensitive to light</p> <p>urination urgency</p> <p>CVS - heaviness in the central chest, sailor sweating, wake suddenly through the night with shortness of breath, plapitations</p> <p>CNS impaired senses, slurred speech, mental confusion, trembling hands, unsteady on feet, sudden loss of coordination, tingling in extremities,</p> <p>Sleep - difficulty falling and staying asleep</p> <p>skin - pigmentation, tinea/fungal infections</p>
Medication	<p>when off meds - came off Lexapro. off 6 weeks ago,, pretty rough transitions</p> <p>blood pressure- atenolol</p> <p>mirtazapine, oxazepam usually daily 1/2 - daily, most nights sleep with brain doesn't switch off</p>
Supplements	<p>magnesium -- honour health - magnesium glycinate - 2 night</p> <p>ashwaganda</p>
Current Diet - Fluid Intake	<p>BF - nothing or sometimes boiled egg, a small bit of sourdough</p> <p>pat sachets - 1/2</p> <p>lunch - low-carb wrap, with chicken cheese and lettuce, almonds, and banana</p> <p>night - so exhausted, not cooking</p> <p>try to avoid too much dairy. some cheese, limit dairy -- loose bowel</p> <p>struggling to make any food atm</p>
Toxic Burden - Alcohol - Drug Use	<p>rarely alcohol</p> <p>normal vaccinations,</p> <p>covid vaccine x 2 and booster</p> <p>2021 - Pfizer, one booster</p> <p>flu shots</p>
Stress - Trauma	<p>lost all joy . i have nothing left in me to give, cant do it</p>

	no routine
Sleep - Vitality	
Exercise - Relax	try to go for a walk with a friend some days
Signs - Markers	very fatigued, struggling through each day.
Allergies	
FINDINGS - ASSESSMENT	<p>chronic health issues, and would suspect mitochondrial/ viral reactivation syndromes, adrenal exhaustion with added long-term stress of caring for parents, endocrine dysfunction adrenal insufficiency.</p> <p>*Feel mood is a priority as struggling through life and no longer supported by antidepressant medication. Gut/brain inflammation methylation? Reduce longer-term CVS risk</p> <p>Alot of need for high anti-oxidant therapy, increase NRF2, and nootropics Signs already of neurological impairment.</p> <p>Support thalassaemia - adding to fatigue, bilirubin and ferritin high --> inflammation, increasing toxic load, oxidation</p> <p>support bile, implement longer-term CVS protection - give K2</p> <p>nutrient focus - all methyl B's (B6 and NAD) Mg, Zn*, iodine, K2, vit D?</p> <p>appetite? - zn? depression, fatigue, lack of HCl</p>
Pathology Requested	<p>look at repeating in few months</p> <p>functional pathology? HMA? OAT, CMA, Salivary Cortisol</p>
Rx - PROTOCOL	<p>Herbal 420mls</p> <p>chaste tree 10</p> <p>Paeonia 70</p> <p>Schisandra 70</p> <p>Withania 60</p> <p>Shatavari 70</p> <p>Licorice 60</p> <p>st johns wort 70</p> <p>ginger 10</p> <p>9mls bd</p>

	<div>Mag taur xcell - 1 scoop</div> <div>S.bifido - 1 bd</div> <div>primer plus - 1 od</div> <div>mg glyc - 2 nocte</div> <div>SAMe 400mg - 1 morning</div>
<div>DIET - LIFESTYLE PLAN</div>	<div>Gluten-free, Low-carb Mediterranean style diet</div> <div>Reversing Insulin Resistance</div> <div>Focus on all meals and snacks being above-ground veg/salad, protein, good fats and minimal carbohydrates.</div> <div>Smoothies</div> <div>Monitor foods that reactive viral load ie gluten, eggs, soy, corn, dairy, and sugar.</div> <div>Sunshine ☼ daily before 9 am</div> <div>need Routines/endorphins – yoga, exercise, time with friends</div>
<div>Record - Complete</div>	<div><div><input type="checkbox"/> Blood Glucose</div><div><input type="checkbox"/> PH</div><div><input type="checkbox"/> Symptothermal Charting</div><div><input checked="" type="checkbox"/> Diet & Symptoms</div><div><input type="checkbox"/> Basal Body Temperature</div><div><input type="checkbox"/> Blood Presuure</div><div><input type="checkbox"/> HAQ</div><div><input checked="" type="checkbox"/> Mood Appraisal</div></div>
<div>Review - Next Visit</div>	<div>MDA?</div> <div>blood pressure? reduce St. John's wort?</div> <div>increase SAMe?</div> <div>eliminate all gluten or other viral activation foods</div> <div>Mitoxcell? ramp up amti-oxidants (NRF2, NAD, resveratrol</div>

Patient Forms

There are no patient forms for Amanda Whitford.