

Angus Chadwick

DOB17 Mar 1993

Appointments

Date	Time	Type	Practitioner
25 Jan 2024	9:15AM – 10:30AM	Second Visit or Long Repeat Naturopathic (45 mins)	Nicole Chester
7 Nov 2023	1:30PM – 3:00PM	Initial Naturopathic (75 mins)	Nicole Chester

Treatment Notes

Follow Up Consultation

Practitioner: Nicole Chester

Appointment: 25 Jan 2024, 9:15AM

Created: 25 Jan 2024, 9:15AM

Last updated: 14 Feb 2024, 8:07AM

NDRV

PROGRESS

been ok, but supplement plan, has too much volume, not a big liquid person, so struggling with the amount of liquid in the mornings

My herbs are okay, but out now

FODmaps are affecting gas and bloating. gassiness has improved alot.

don't have BF. but have had a peanut butter and banana smoothie with Arthrex.

religious early on with supplements

had alot going on, two house moves- renovation, went into town to rent sister in laws house

my job is on the phone, so could take supps to work

Pathology

4/12/23 - fasted, rested

MCV 84

Iron 12

t-ferritin 26 (protein loss?)

ferritin 100

trans sat 24

MCHC 353 (consistently high (liver, thyroid?)

cholesterol 5.1 (has come down)

triglycerides 3.1 (has risen again)

	BG 5.8 insulin 10 HDL low LDL 2.8 non-HDL 4.2 kidney function ?--> uric acid 4.2, creatine 85, urea 6.0 ALT - rising GGT- rising B12 236 active 81 Neutrophils - Low-end TSH 2.2 CRP <4.0 (<6.0)
Medication - Supplements	out of most supps
Current Diet - Fluid Intake	no diet record was taken.
Sleep - Vitality	
Exercise - Relax	back is still a big issue. do online appointments with pilates lady, but prefer to go in person
Signs - Markers	look dark under eyes
FINDINGS - ASSESSMENT	<p>Metabolic syndrome with multiple raised markers, signs of systemic inflammation, kidney and CV issues. TG biggest issue, with multiple signs of poor CHO metabolism and BG dysregulation.</p> <p>feel thyroid is also suboptimal.</p> <p>low B12, folate, magnesium e thyroid, question kidney? --> monitor</p> <p>need more consistent compliance, and work-life balance. needing to prioritise health as a high risk of CV event.</p> <p>unsure if GP has been monitoring BP</p>
Pathology Requested	repeat all bloods in a few months to include homocysteine.
Rx - PROTOCOL	540mls Coleus 90 Arjuna 90 Globe Artichoke 100 Withania 80 Gymnema 90 Siberian Ginseng 90

	10mls bd \$133 Arthrex - 1 scoop od Mag Taur Xcell - 1 scoop od Resist X Advanced - 1 bd Clinical Lipids - 2 bd S.bifido Biotic - 1 bd
DIET - LIFESTYLE PLAN	2 meals, 2 snacks, 1 high protein shake follow all rules around reversing insulin resistance + no CHO after midday monitor FODmaps intake
Record - Complete	<input checked="" type="checkbox"/> Diet & Symptoms <input type="checkbox"/> Basal Body Temperature <input type="checkbox"/> Blood Presuure <input type="checkbox"/> Blood Glucose <input type="checkbox"/> PH <input type="checkbox"/> Symptothermal Charting <input type="checkbox"/> HAQ <input type="checkbox"/> Mood Appraisal
Review - Next Visit	consider the Shake It program Add methylation support (b12, folate) push for homocysteine on next bloods CHECK BP

Initial Consultation

Practitioner: Nicole Chester
Appointment: 7 Nov 2023, 1:30PM
Created: 7 Nov 2023, 12:57PM
Last updated: 14 Nov 2023, 7:31AM

NDFV

Age	30
Status	married
Emergency contact	Claire Chadwick
Children	posie - 3mths
Occupation Past - present	a family-run business, with dad 4-5 businesses, consultancy business, cattle feedlot, intense feeding cattle, farming country have 50 staff to manage My dad had a stroke last year, and fully recovered now but has had to pull back on

running of the business, Had a stroke after radiation treatment, as caused by high BP.

headaches - daily, head injury

do get high BP, did have high cholesterol too

Pregnant - Breast-feeding NA

Height - Weight 98kg, 187- 188 cm

PRESENT COMPLAINT

stress levels are fairly high

Claire and I have been together for 10 years.
but I can't be doing this all the time, with long hours and high stress.

having to step back, over the next 2 years, being able to go away, all need to operate seamlessly, other brother getting in Italy, next year., so will add extra stress

The gut main reason for the visit, always had tummy aches, cramps and pain, worse lately,

don't like BF, coffee hits my gut first, which probed;y isn't a great
banana, a piece of toast if at all
almond flat white. bacon egg roll

skim milk is better than full cream on my gut, or almond milk. I can tell in the morning, if gonna have GI issues.

gassy, annoying, and don't like doing it in front of people. but it's that frequent.

I do a lot of the cooking

I could eat cooked Bf every morning, but usually eat on the run

gas or needing to move my bowel, then the gut settles I get indigestion too

130/90 BP at home
cholesterol - around 9, has dropped on the last bloods

weight gain, stable at the moment, the need to exercise,

SIJ- bad in the back, can't do meaningful fast-paced walks, back gets messed up

Not usually see it at night, if i do its a wee at 2 am. more frequent urination throughout the day. wee 8-10 x day in work day

	increase hair loss, thinning on top. were acoubra hat, might be rubbing. but probably;y losing some hair
	frequent HSVI outbreaks
Other care - GP - Specialist	need to find a new one, My GP is annoying me
Pathology	triglycerides were 7.7!, now down to 2.0. Cholesterol was 9 and now 7.0
Past Complaints	
Medical Hx	
Family Hx	CV
Current symptoms - HAQ	gut ***, a lot of gas and discomfort, dysglycaemia, frequent urination, increased appetite, fatigue, gained weight, cold sores ENT/allergy, back pain spinal curvature, oedema, muscle tightness, tender pain, muscle twitch, dry skin
Medication	Gaviscon daily
Supplements	none
Current Diet - Fluid Intake	see attached. room for a lot of improvement use to drink milk by the litre at night. no milk now, cheese occasionally.
Toxic Burden - Alcohol - Drug Use	yes drink alcohol
Stress - Trauma	work stress,
Sleep - Vitality	sleep is poor, and vitality also average at times. keep going though
Exercise - Relax	
Signs - Markers	
Allergies	
FINDINGS - ASSESSMENT	Gut dysbiosis, possibly driving increased systemic inflammation. A strong need for improved Metabolic syndrome parameters. to protect from CV, and

	diabetes issues, improved body composition.
	chromium, B vitamins, Omega 3, magnesium.
	reduce HSVI outbreaks
Pathology Requested	GP – full bloods to include – cholesterol, LDL, HDL, triglycerides, fasting Blood glucose, fasting insulin, thyroid, coeliac, iron studies, B12, folate, inflammatory markers.
Rx - PROTOCOL	herbal 520mls Ziziypheus 90 Arjuna 90 Globe Artichoke 90 Withania 80 St Johns Wort 80 Siberian Ginseng 90 10mls bd \$120 Arthrex - 1 scoop od Mag Taur Xcell - 1 scoop od Resist X Advanced - 1 bd Clinical Lipids - 2 bd S.bifido Biotic - 1 bd continue black mores sleep support - nocte
DIET - LIFESTYLE PLAN	monitor FODmap foods triggering excess gas and bloating reverse insulin resistance protocol add protein BF, even just a protein shake
Record - Complete	<input checked="" type="checkbox"/> Diet & Symptoms <input type="checkbox"/> Basal Body Temperature <input checked="" type="checkbox"/> Blood Presuure <input type="checkbox"/> Blood Glucose <input type="checkbox"/> PH <input type="checkbox"/> Symptothermal Charting <input type="checkbox"/> HAQ <input type="checkbox"/> Mood Appraisal
Review - Next Visit	next appt - 4 weeks email through bloods Aid sleep support if needed. consider cardiovascular profile

Patient Forms

There are no patient forms for Angus Chadwick.