

Ms Ashlee Bridges

DOB20 Apr 1995

Appointments

Date	Time	Type	Practitioner
23 May 2023	3:15PM – 4:00PM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
11 Apr 2023	2:45PM – 3:45PM	Second Visit or Long Repeat Naturopathic (45 mins)	Nicole Chester
28 Feb 2023	2:00PM – 3:15PM	Initial Naturopathic (75 mins)	Nicole Chester

Treatment Notes

Follow Up Consultation

Practitioner: Nicole Chester

Appointment: 23 May 2023, 3:15PM

Created: 23 May 2023, 3:25PM

Last updated: 24 May 2023, 1:52PM

NDRV

PROGRESS

taking all the vitamins for 2 weeks solidly

the powder only took twice as wasn't sure if made me shakey, as also had coffee which I don't usually drink

feeling a little bit better, still very stressed though, just stressed all the time

so stressed about Europe, so anxious, it's been stressful. wanted to lose weight but hasn't happened. going for 7 weeks

not been eating the best. finding it hard still to be organised to eat cleaner

sex drive could be better, feel stress a big part as too uptight

at the door party, and someone gave me a Ritalin to try

felt normal, but the silence felt really weird. like thought nothing was a very weird feeling.

Pathology

none

Medication - Supplements

Current Diet - Fluid Intake

went bought some Mediterranean cookbooks and haven't done any of it yet

Sleep - Vitality

sleep talking, snoring, **sleep still so bad**

mostly see spiders, will wake suddenly and fully accuse BF of something he didn't do. it's like I get confused and then i realise that it sounds crazy. i looked up a condition that sounds like it is called Hypnagogic hallucinations. have had sleep paralysis before i also wake and think someone has broken into the room. like I'm a different personality it's so strange.

weirdly i don't remember dreams any more

i literally pass out and start snoring straight away, and he (my boyfriend) will think I'm joking.

have it more at Shaun's house than at mine

did sleepwalk when little.

always wake feeling tired

Exercise - Relax**Signs - Markers****FINDINGS - ASSESSMENT**

difficult getting results as struggling to stay on track still. struggle to stay focused.

feel the ongoing high cortisol is the biggest issue. quite possibly driving the facial hair issue and unusual sleep patterns and behaviours.

Body seems in a state of flight and fight mode. HPA dysfunction

feel the waking suddenly through the night is also cortisol peaking.

need to get further insight into neurochemicals. perhaps an organic acids test/DUTCH?

Pathology Requested

consider DUTCH test and OATS test

Rx - PROTOCOL

try to stay consistent on all supps until leave in 2 weeks. then just take the Medimag calm, Withania, Andrographis and herbal throat spray for viral protection to keep it manageable

DIET - LIFESTYLE PLAN

continue as previously.

*must eat regular smaller meals with protein, drop any refined carbs

Record - Complete

☐ Blood Glucose

☐ PH

☐ Symptothermal Charting

☐ Diet & Symptoms

☐ Basal Body Temperature

☐ Blood Pressure

☐ HAQ

☐ Mood Appraisal

Review - Next Visit

post Europe and functional testing

Follow Up Consultation

Practitioner: Nicole Chester

Appointment: 11 Apr 2023, 2:45PM

Created: 11 Apr 2023, 2:49PM

Last updated: 13 Apr 2023, 7:02AM

NDRV**PROGRESS**

been ok, obviously stressed about the hair situation

My diet has been still bad, I am trying

started supps 5 days about 2 weeks ago, and felt really tired. is there anything in the supps that could be making me tired?

find it so hard to stick to anything

last period was heavy.

had migraines bad too, and did cry yesterday, since been getting dry needling my neck has been better but still get some migraines

leaving for Europe in June and want to get onto of it

have weird stuff happen through the night. wake up multiple times through the night and can't breathe.

could it be sleep apnoea? , it's like an anxiety attack, don't feel out of breath normally at all through the day.

wake up and start to hallucinate.

see things when wake up suddenly usually see spiders climbing up wall

can usually sleep anywhere. so no trouble getting to sleep.

wake and freak out

I text my partner in my sleep but don't remember doing it at all

not acting out your dream but do talk a lot, a lot of time hallucinating spiders. got up out of bed and stare at something thinking there is something or someone there

woke up with fight and flight. I always feel like there is an extensional crisis

apple watch - sleep talking a lot. snore badly to the point where no one can sleep next to me. shows get about 2 hours of deep sleep

bad anxiety when 22 yrs, bad drug experience. wouldnt leave the house for a year spent 5 years coming good.

really stressed about, my health

always stressed

was going to bed at 3 am,

now 10.30-11 pm

having naps throughout the day atm

after eat getting super tired.

Korean BBQ, felt tired after this

hot chips, chicken parmy made me tired too

period should be coming soon
eaten green juice, choc protein ball, chicken and rice today

when eat shit, feel really full get full easily.

after drunk alcohol on Saturday night -- had weird dreams, and felt tired after the alcohol

Pathology

high Alkaline phos and GGT.
higher-end LD, iron 22, ferritin 43
b12 275, active 120 (>35)
folate 11.4, RCF 1309 (545-3370)
bicarb low end

TSH< fasting BG, DHEA, hormones all seem normal from a clinical perspective, no progesterone done

had a period on the 17th, so bloods were taken around day 10 (follicular phase)

Medication - Supplements

none

Current Diet - Fluid Intake

yesterday
coffee, cheese bacon sub
lunch - party and chips
bubble tea

Sleep - Vitality

have energy at night,
the morning takes time to wake up mentally and physically tired

Exercise - Relax

none at moment. but going to start, mostly lifting weights, joints hurting

usually fine, once get some movement going on

Signs - Markers

look less puffy this time

FINDINGS - ASSESSMENT

endocrine in balance, despite bloods showing clinically normal.
facial hair and hair loss biggest issue is fatigue.
need to dig deeper into sleep behaviour?
feel may need to do functional pathology to see more intricate upset in endocrine.

feel stress is a big driver, and seem to be defaulting to panic/fight and flight

Liver* sluggish digestion

Pathology Requested	look at Dutch test or female hormone saliva. consider also neuro-transmitter markers
Rx - PROTOCOL	continue as previously, swap Medimag calm to night and add withania complex - 2 od drop doses to mostly morning only, but must try be consistant L-histidine pre-DOP Livco Polyfem.
DIET - LIFESTYLE PLAN	must try to clean up the diet send diet through each week. suggesting gluten free
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	L-theanine more support around methylation, feel B vitamins bit low

Initial Consultation	
Practitioner: Nicole Chester Appointment: 28 Feb 2023, 2:00PM Created: 28 Feb 2023, 1:49PM Last updated: 9 Mar 2023, 7:36AM	
NDFV	
Age	27
Status	partner- Sean
Emergency contact	Sean 0424 710 435
Children	no
Occupation Past - present	events and sales, not stressful atm, promotional , DJ work
Pregnant - Breast-feeding	NA
Height - Weight	75kg, 152cm
PRESENT COMPLAINT	libido low, loss of hair, low energy, struggling to wake up atm beard growing , poor sleep, concentration this morning bowel was normal then had black tarry stool, haven't done a poo since

then, not sure if Gf cookies, curcumin drink would do that.

bowel not usually sluggish.

move bowel every day, for the most part, bloated, fart in mornings, dependant on what eat.

can't focus, getting very difficult

struggle to listen

feel very low lows, monotone, don't experience

the high highs, dont feel excited about things . feel real lows after night out or coming down of drugs/alcohol

night terrors, hallucinating things not happening. wake up can feel very , spiders on the wall. feel like im gonna die at times

I feel I'm undiagnosed ADHD

methylation Q

OVERMETHYLATOR

MDA

dopamine 63%

Endogenous opioids 60%

Serotonin 57%

GABA 55%

Melatonin 43%

Histamine 43%

feel neurocmeical most significant in relation to symptoms presenting with would be dopamine, opioids, serotonin and histamine

getting bad vaginosis/yeast infections

Other care - GP - Specialist	GP not much help,
Pathology	dr said have HPV TSH 2.4 ALP, ALT and AST all high neutrophils and monosites high end
Past Complaints	
Medical Hx	had bad experience when 19 was taking drugs -- MDMA quite a lot - hospital, have anxiety and panic attacks, couldn't leave the house

Family Hx	
Current symptoms - HAQ	low Hcl, bloating straight fever meal, bad breath, dry skin and hair, heavy menses occasionally, low libido**, low mood*, swelling in neck occasionally, feel hot, insomnia, , nervous, irritability , palpitations, starring gaze , adrenals*, difficult concentration * oversensitive, difficult to relax, mood swings, difficult getting AM, cld sores occasionally, loss of hair, inflamed bleeding gums, dark circles, migraine/headaches, ringing in ears, blurred vision, fatigue easily, breathless lying flat in middle of night, dizzy on standing, spots before eyes, painful menses (have 2 days, bleed 4-5 days
Medication	use CBD
Supplements	
Current Diet - Fluid Intake	fast food, something that is quick. eat on the run, diet. eat a lot of takeaway. macdonalds weekly. never been big breakfast person Nando's lunch yesterday,
Toxic Burden - Alcohol - Drug Use	have been vaping. feel it may be making me worse. have stopped last few days
Stress - Trauma	time management skills. cant follow a structure
Sleep - Vitality	sleep paralysis, been trying to get to bed by 12/1. 3am was normal for me.
Exercise - Relax	
Signs - Markers	
Allergies	
FINDINGS - ASSESSMENT	feel need to treat ability or will be difficult to establish compliance with Ashlee. feel use of MDMA and drugs may have cause damage and hence the feeling of monotone regulate hormone ratios,* improve lifestyle and diet, increase nutrition work on neurochemicals using amino acids
Pathology Requested	get copy of iron study results
Rx - PROTOCOL	L- theanine L-histadine pre DOP Livco polyfem

DIET - LIFESTYLE PLAN		wellness diet - good clean eating reg protein, exercise get to bed earlier
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		try to structure plan to what is mangle if finding challenging

Patient Forms

There are no patient forms for Ms Ashlee Bridges.