

Mrs Jennifer Segail

DOB14 Sep 1965

Appointments

Date	Time	Type	Practitioner
23 Jan 2024	1:00PM – 2:00PM	Repeat Visit Naturopathic TELEHEALTH Appointment (30 mins)	Nicole Chester
24 Oct 2023	2:00PM – 3:00PM	Repeat Visit Naturopathic TELEHEALTH Appointment (30 mins)	Nicole Chester
6 Sep 2023	2:00PM – 3:00PM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
11 Jul 2023	2:00PM – 2:45PM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
30 May 2023	2:00PM – 2:45PM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
10 May 2023	3:00PM – 3:45PM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
31 Mar 2023	12:00PM – 12:45PM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
21 Mar 2023	1:10PM – 1:40PM	Acute Naturopathic TELEHEALTH (15 mins)	Nicole Chester
16 Mar 2023	1:00PM – 2:00PM	Second Visit or Long Repeat Naturopathic (45 mins)	Nicole Chester
1 Mar 2023	2:15PM – 3:30PM	Initial Naturopathic (75 mins)	Nicole Chester

Treatment Notes

Research Notes	
<p>Practitioner: Nicole Chester</p> <p>Created: 27 Feb 2024, 3:13PM</p> <p>Last updated: 27 Feb 2024, 3:14PM</p>	
Notes	<p>Notes/Q for further Ix/assessment</p> <p>Hello Jen ☺</p> <p>☺☺ ☺☺ ☺☺</p> <p>Bloods looking good!</p> <p>Cholesterol is absolutely fine! And triglycerides are the best I've ever seen them and now sitting in the optimal healthy range, hence your weight is more stable.</p>

It is saying this was a random blood not fasting? But assuming you did fast? No fasting blood glucose was done this time, but would expect to be dropping with triglycerides.

We will monitor your kidney markers as teeny weeny marginally higher than the healthy range we like to see, but I'm not concerned. Will check on next bloods.

Your liver enzyme AST is now good, but would like ALT to drop a little more, That overall a very good improvement here (this indicates liver assault or fatty liver)

So if I were to recommend anything else to support both kidneys and liver it would be herbs for microcirculation and liver repair. The resist X has a good dose of st Mary thistle

Plus Foods to include daily for microcirculation – garlic (fresh better) ginger, turmeric, cocoa/caca/or 2 squares 85% dark chocolate (I know!) beetroot juice. All berries, hibiscus and green tea.

Hubby should be eating these foods too for his diabetes.

Very good improvements! You are bloody amazing!

Nicole xx♥

Follow Up Consultation

Practitioner: Nicole Chester

Created: 23 Jan 2024, 10:37AM

Last updated: 24 Jan 2024, 7:12AM

NDRV

PROGRESS

I currently have COVID-19, hence changing my appointment to telehealth. Feel pretty sick. I had to start to take my BP meds again - bp 175/97 and high temp. Have cough- sore throat body aches. ☹

Not much fun!

Recent blood work came back bad, I dont understand how this happening with all I have been doing.

(bloods were collected just after the new year – just before we went away on holidays. I was rested and on holiday. I was not sick.

During xmas week we went out for lunch with the team and had a cocktail and a glass of red. Food wise I was pretty good – not perfect but I think considering was good. During xmas ie xmas day - I had leg ham 2 slices. Egg nog ¼ cup. Ice cream, pavlova. But honestly, if one day of this is going to affect me I find it crazy that a person can't live a little)

The DR wants me to redo the test no fasting she said I am dehydrated which I also find hard to believe due to the amount of water I drink and magnesium I take. She wants to put me on cholesterol meds as she said no amount of dieting will fix heredity.

I haven't been keeping a strict list of food because after doing it for about a year I'm really over it and know what to eat and what not to. I basically live on salads, smoothie and more salads plus protein. I received a keto cook book for xmas and have been eating meals out of that – just to mix it up a bit. Keto works for me because when I'm off it I feel sick. That enough for me to stay on it. The results don't make any sense.

I've put on a few kg but that is understandable.

Any way probably not the best day to ask me questions when I'm feeling unwell with covid.

I was just really surprised with the results – after all the time and money I have spent on myself and how disciplined I am.

FAMILY Hx

From my mum...

Your Great grandfather Hogarth died of a heart attack, Farvie had heart problems, both Meme and Farvie had high bp and cholesterol. Farvie died of a stroke. Pa Goodacre had a heart condition. I have always had high cholesterol but have usually been able to control it by diet.

Jennifer Segail

Jen was unaware of family HX

Feel arthritis is starting in hand.

Interesting to not, Jen feels great on hydrolyte and also G-tox express. Could this be due to the potassium?

recent outbreak of herpes, so feel something going on, the body seems inflamed.

Pathology

see attached bloods 3.01.24 only FBC,WBC, lipids, triglycerides and APO A1 and B were done

there was insufficient blood to test ESR

LFT, EUC and full blood count are pending..

Apo A1 1.48 (>1.25)

Apo B 1.19 (0.60- 1.30)

cholesterol 5.6 (moved from 4.6 mid-last year)

Triglycerides 1.3 (from 1.1/1.2)

	<p>ferritin 129</p> <p>HDL moved up slightly also</p> <p>neutrophils on the lower side as always.</p> <p>HCT was high and out of range (a sign of dehydration</p> <p>Would confidently say Jen was dehydrated at the time of collection.</p> <p>She mentioned she didn't drink any water while fasting.</p>
Medication - Supplements	had to started BP meds again as rises with covid
Current Diet - Fluid Intake	eating all the same things, see above some deviation at xmas and new years
Sleep - Vitality	
Exercise - Relax	
Signs - Markers	
FINDINGS - ASSESSMENT	<p>Jens overall demeanour was low. She is currently sick with covid, but feels defeated with blood results. i have ensures her that is not a true representation, as were cleary dehydrated with multiple signs of this (DR also confirmed this, and mentioned repeating in a few weeks) and no need to stress until next bloods due. all above markers will appear higher with a higher concentration of blood.</p> <p>to get LFT and EUC in few weeks.</p> <p>post next blood work..</p> <p>I feel we need to work on Jen's deep seated dehydration issue. It was raised on her Bioimpedance and being an issue along with leaky cell membranes. Jen drinks alot of water but doesn't seem to be absorbed where needed or is being lost.</p> <p>Jen has always loved her calm X but feels dosing is too high at times. with no balance of other minerals.</p> <p>increase other minerals, more ant-ox support, and cell membrane repair. continue keto, but increase vege to protein ratio. add herbs to support heart and lipid ratios, push down possible reactivated viruses</p>
Pathology Requested	<p>follow through with blood work request</p> <p>look at retesting all markers in 8 weeks post start of our new treatment plan</p>
Rx - PROTOCOL	<p>potassium broth</p> <p>to reassess in few weeks post bloods</p>
DIET - LIFESTYLE PLAN	continue as are for now

Record - Complete☐ Blood Glucose☐ PH☐ Symptothermal Charting☐ Diet & Symptoms☐ Basal Body Temperature☐ Blood Pressure☐ HAQ☐ Mood Appraisal**Review - Next Visit**

Water quality?

herbal, glutathione/NAC, phospholipids, Alkamin Calm, vitamin E, ampk (quicksilver)
resveratrol, B3, Silybum, G-tox xpress,

Follow Up Consultation**Practitioner:** Nicole Chester**Appointment:** 24 Oct 2023, 2:00PM**Created:** 24 Oct 2023, 2:00PM**Last updated:** 24 Oct 2023, 7:45PM**NDRV****PROGRESS**

upper gastric pain has been okay, as been on leave from work and went on a 4-day retreat- reading how much stress is aggravating it
learning to listen to my body. realising there's an imbalance in my life, and need to change my forever life. met a lady last on retreat. went for a walk. and joining NIA fitness nerang, which is dance
work hasn't been busy, and just need to let it go, I can't control it
on retreat went for a walk and ended up eating an ice cream, was naughty, wasn't worth it. as got pain straight away. feel like it was the stress of eating it that triggered the response

do hold my breath at times, not releasing.
stating meditation - simple - 15 mins, count 100 to zero, control the thoughts and craziness that goes on in my head

been fasting 18hrs for months now- feel good on it
two meals, a day. the other day had no stomach, was flat.

weight 76-78kg. 2 kg fluctuation.

smoothie at 11 am, dinner at 6 pm
snacks in between, almonds in between

bowel has been ok, with no fibre, and working really well

'Eat Like a Girl' book - factual science. love it

felt super hungry one day- so boiled some eggs but otherwise had MCT oil in my coffee in the morning. not hungry at all.

	BP is fine as far as i know, tried 1/2 tablet, but too difficult to cut in half, I know if rises, as feel sick feeling sick, and on 1/2 daily my blood pressure went up, so back on full one
Pathology	none, as not allowed any until january
Medication - Supplements	<p>just ran out of herbs -- will see how go without them</p> <p>tried to cut the calm X down to once daily. got cramps within few days</p> <p>tablespoon chlorophyll in water</p> <p>haven't needed the SB, gut R or slippery elm</p>
Current Diet - Fluid Intake	<p>18hr fast</p> <p>Coffee plus MCT oil + shake + nuts + 1 x keto meal at dinner (chicken/fish + salad (mixed leaf cucumber tomato, broccoli/sunflower sprouts)</p>
Sleep - Vitality	
Exercise - Relax	still not keen to exercise but will try the dance class with my friend
Signs - Markers	
FINDINGS - ASSESSMENT	<p>great results. finally able to fast with no struggle. a great sign of insulin resistance reversing.</p> <p>feel more weight may shift over the next few months if maintain this diet plan. suggested switching back to a 14hr fast in a couple of months to avoid nutrient loss.</p> <p>BP still seems persistent. trial herb/supps to see if can reduce and stay stable</p>
Pathology Requested	
Rx - PROTOCOL	<p>Herbal is now finished - all see how feel off it.</p> <p>phase mito Xcell, zinc and see how go without probiotics regenex</p> <p>continue Thermo burn, calm X, resist X advanced and reduce clinical lipids to 1 od</p> <p>add Cardio-H - 1 ended scoop bd</p>
DIET - LIFESTYLE PLAN	<p>continue as with diet</p> <p>record BP daily</p> <p>rainbow on plate, change vege eating ensure good nutrient intake</p>

Record - Complete	
<input type="checkbox"/> Blood Glucose	<input type="checkbox"/> PH
<input type="checkbox"/> Symptothermal Charting	<input type="checkbox"/> Diet & Symptoms
<input type="checkbox"/> HAQ	<input type="checkbox"/> Basal Body Temperature
<input type="checkbox"/> Mood Appraisal	<input checked="" type="checkbox"/> Blood Presuure
Review - Next Visit	
as needed	

Follow Up Consultation	
Practitioner: Nicole Chester	
Appointment: 6 Sep 2023, 2:00PM	
Created: 6 Sep 2023, 1:54PM	
Last updated: 30 Sep 2023, 6:26AM	
NDRV	
PROGRESS	<p>couple</p> <p>76kg, 78kg. down in Sydney for 5 days - out of routine meals</p> <p>introduced carbs into the diet --> have low threshold of CHO, I had my shake it - vita wheat with cheese and vegemite, salad and yoghurt, if I have pumpkin or potato I even get pain, bloating, and feel sick. the whole team went to the cafe- had a bagel with cream cheese, salad and smoked salmon, then pastries back at the office, 1/4 of this custard thing.</p> <p>have some brown rice sometimes at night</p> <p>been having Gaviscon - Ever since put on tablets PPI, and went off them</p> <p>ever since the hysterectomy, things have gone pear-shaped. a clairvoyant said something happened with the hysterectomy, it's not right. she recommended therootbrand restore product.</p> <p>no HSVII outbreaks, BP has been stable</p>
Pathology	none
Medication - Supplements	no changes
Current Diet - Fluid Intake	back to low carb. not tolerating CHO
Sleep - Vitality	sleep is ok
Exercise - Relax	
Signs - Markers	
FINDINGS - ASSESSMENT	need to establish if HCL is low or getting too much production with bouts of stress?

A recent colonoscopy suggested gastritis, clearly still there

look at Osteopathy r/visceral Rx with Page to reset digestion

Pathology Requested

Rx - PROTOCOL

repeat Herbal 540mls

- Gentian 60
- Globe artichoke 100g
- St Marys thistle 100
- Withania 80
- Gynostemma 90
- Chamomile 90
- Ginger 20
- 9mls bd
- \$55
- add
- Gut-R
- S.bifido biotic
- slippery elm

DIET - LIFESTYLE PLAN

need to monitor CHO intake, the body seems to not tolerate it. particularly gluten-containing carbs/grains?

Record - Complete

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

Review - Next Visit

meadowsweet?

Herbal/Supplement repeat

Practitioner: Nicole Chester
Created: 24 Aug 2023, 12:46PM
Last updated: 24 Aug 2023, 1:07PM

Herbal/Supplement

- repeat Herbal 210mls
- Gentian 15
 - Globe artichoke 35
 - Schisandra 35
 - Withania 35
 - lemon balm 35
 - Gynostemma 35
 - Lavender 15

Ginger 5
9mls bd
\$55

mito xcell x 2
probiotica regenex x 2
shake it Df x 2

suggested blood work prior to the next appointment to include all lipids, fasting BG and insulin

Follow Up Consultation

Practitioner: Nicole Chester
Appointment: 11 Jul 2023, 2:00PM
Created: 11 Jul 2023, 1:57PM
Last updated: 12 Jul 2023, 7:42AM

NDRV

PROGRESS

had colonoscopy and endoscopy, but nothing wrong with me. had one small minute polyp, which they removed. on the day had to have the carbs, sick. no pain in upper gastric lately

I'm done with all these tests but the heart specialist said "Look I just want you to check the valves", as had pain with the stress test. Toldheart the doctor - lost 10kgs, and he asked how i did it.

everything is good it's just the stress, insulin resistance and lifestyle iwith work of being Sydney every week, isn't helping

haven't been sleeping, woke at 2 am--4 am
then slept 4-8 am, which i usually don't have the luxury of sleeping into
I'm out like a light, but my mind is on. sending emails at 2 am atm.

did fasting for a few weeks. need to just get back on keto. still eating regularly. still get the hangry symptoms when i skip meals. skin tags are pretty much all gone.

down to 78kg now. want to lose another 5kg. My goal was to get down to that for my daughter's wedding in October

BP was 144/129 at the doctor's, was a bit high.

elimination. hasn't been the best. 2 scoops of the fibre but still not eliminating great. stools can be narrow.

I need to go to Bali or something and destress. got another guy starting to run a

	business.
	when eating carbs really upsets!. seems to be grain-based carbs though, not so much the potato or sweet potato
	I run my own show when I do pilates. she has just given up on me
Pathology	bloods coming, will send through
Medication - Supplements	still on BP
Current Diet - Fluid Intake	sticking to the keto, don't feel well on carbs
Sleep - Vitality	sleep not been great.
Exercise - Relax	not as much as should. don't feel like doing anything after a stressful day
Signs - Markers	looking great, really thinned down, and becoming very noticeable now.
FINDINGS - ASSESSMENT	great results. feel adding more intense training sessions would get Jen to her goal weight in time. all blood markers falling back into healthy ranges. BG down to 5.5, with room to improve and resolve insulin resistance completely.
Pathology Requested	Full bloods with GP
Rx - PROTOCOL	Herbal 520mls Gentian 30 Globe artichoke 90 Schisandra 90 Withania 90 lemon balm 90 Gynostemma 90 Lavender 30 Ginger 20 9mls bd \$118 --> \$115 (recycled bottle) a repeat of mito Xcell, Thermo burn, DF shake x 2, calm X z 2 want to stay on supplements until reach their goal weight
DIET - LIFESTYLE PLAN	Yoga daily, try a sleep 10-15 session before bed. Aim for Yoga every other day and start adding exercise again.
Record - Complete	<div><input type="checkbox"/> Blood Glucose</div> <div><input type="checkbox"/> PH</div> <div><input type="checkbox"/> Symptothermal Charting</div> <div><input type="checkbox"/> Diet & Symptoms</div> <div><input type="checkbox"/> HAQ</div> <div><input type="checkbox"/> Basal Body Temperature</div> <div><input type="checkbox"/> Mood Appraisal</div> <div><input type="checkbox"/> Blood Presuure</div>

Review - Next Visit

8 weeks

Herbal/Supplement repeat

Practitioner: Nicole Chester

Created: 29 Jun 2023, 2:48PM

Last updated: 29 Jun 2023, 3:07PM

Herbal/Supplement

need a repeat as started feeling hot with out it

Herbal 215mls

Gentian 15

Globe artichoke 45

Withania 40

Passionflower 45

Gynostemma 50

Ginger 5

Lavender 10

7.5mls bd vv

\$56

Research Notes

Practitioner: Nicole Chester

Appointment: 30 May 2023, 2:00PM

Created: 14 Jun 2023, 7:48AM

Last updated: 14 Jun 2023, 7:55AM

Notes

Notes/Q for further Ix/assessment

diet

BF - shake with avo

snack - boiled egg

lunch - chicken and salad, with lemon juice and olive oil

snack - egg or apple/mandarin with nuts

dinner - chicken with pesto, pine nuts and vege

look at using an app to establish macros ratios are staying close to 50%fat, 30% protein and 20% carbs. to increase fat or not getting enough.

could also try dropping the fruit and see if can push in 15 on ketostix.

increase nerviness in herbs to drop cortisol. need to address stress levels more seriously.

Follow Up Consultation

Practitioner: Nicole Chester
Appointment: 30 May 2023, 2:00PM
Created: 30 May 2023, 1:52PM
Last updated: 14 Jun 2023, 7:38AM

NDRV

PROGRESS

81kg,
was 88kg, then 86kg before started with me.

been fasting,
apple cider vinegar

try to finish eating by 7.30pm

pain -- got it yesterday funnily enough
carbs overload, cant tolerate carbs, had GF toast, avocado. had to lie down, felt sick

so stressed, on Friday, dumb got numb 9 am-6 pm.
had lunch, and water..

9.30 pm- woke at 2.30 am, wide awake, got up 3.30 - worked, back to bed at 7 am

other than that been pretty good, trying to eat something every few hours

Monday got up full swing. dinner 5.30 - asleep 8 am

got heart pain with the stress test. ---> so that's why they want to do further heart testing

skin rash, comes out sometimes, then goes away

BP was 164/90 - at Dr's

escaped from home, as mother home and stressed me out so much

bowel stays regular when taking mito xcell and calm X both twice daily

Pathology colonoscopy, endoscopy
just did polyps

Medication - Supplements same

Current Diet - Fluid Intake just sticking to keto, as carbs upset

Sleep - Vitality has been upset at times, but mostly when stress is high

Exercise - Relax	gonna try aerial. gonna give that a go. walk.
Signs - Markers	looking good, skin is bright
FINDINGS - ASSESSMENT	great progress. very good compliance overall to be adhering to keto and even including fasting now. feel overall cellular health improving and starting to see the shift in weightless. yet to have another VLA to check body composition moving in right direction.
Pathology Requested	
Rx - PROTOCOL	Herbal 430mls Gentian 30 Globe artichoke 90 Withania 80 Passionflower 90 Gynostemma 100, Ginger 10, Lavender 20 continue all other supps
DIET - LIFESTYLE PLAN	keto, with fasting, infrared saunas
Record - Complete	<input type="checkbox"/> Diet & Symptoms <input type="checkbox"/> Basal Body Temperature <input type="checkbox"/> Blood Pressure <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	6 weeks

Research Notes

Practitioner: Nicole Chester
Created: 24 May 2023, 1:36PM
Last updated: 24 May 2023, 1:43PM

Notes

Notes/Q for further Ix/assessment comparison markers in bloods from **September 22 --> 20th March 23 --> 15th May 23**

AST 24 --> 32 **H** --> **22** 😊
ALT 36 --> 38 **H** --> **24** 😊

Cholesterol 5.5 --> **4.9** --> **4.6** 😊
HDL 0.9 --> 1.2 --> **not tested this time**
LDL 3.8 --> 3.2 **H** --> **not tested this time**

non HDL - 4.6 --> 3.7 --> **not tested this time**

triglycerides 1.8 --> 1.1 --> **1.2**

Fasting BG 5.7 **H**--> 5.5 **H** --> **not tested this time**

neutrophils **L** -> **2.5 are now normal**

all the above markers improved except triglycerides which moved up 0.1 points, however still well within range and under 1.9 which is a big improvement.

Even WBC, RBC and most other liver enzyme and kidney markers also have shifted closer to the middle of the ranges. Really starting to see good shifts here.

Research Notes

Practitioner: Nicole Chester

Appointment: 10 May 2023, 3:00PM

Created: 17 May 2023, 3:28PM

Last updated: 17 May 2023, 3:34PM

Notes

Notes/Q for further Ix/assessment

communication via email...

Evening ☹️

I'm not going to do the scan with Cindi until we work out what is going on.

Yes everything has arrived and taking everything. I'm not up to taking apple cider vinegar atm - I use to take it and really hated it ☹️

Will send through other bloods from today when I get them.

I'm doing the CT scan on Friday but can't get in to do everything else until early July.

Oh and my blood pressure was high 153/80.

I think if I was a horse 🐾🐾🐾

I'm feeling fine. Rash is on the mend. I'm happy back on the keto. On occasions I might have a little bit of brown rice.

Love the rain - plants are happy! Off to Syd am.

☹️☹️☹️

Jennifer Segail

Jam&Co

0410 568 416

On 15 May 2023, at 9:30 pm, Nicole Chester <nicole@herbbar.com.au> wrote:

Lordy, You've got it all

Going on!

At least they are checking everything out.

Yes, please send through your blood results from today when you get them

We need to gather as much as possible and reassess and reset

No more pain like the other night?
Have you started the detox powder?

Nicole x

Get [Outlook for iOS](#)

From: Jennifer Segail <jennifer@jamandco.com.au>

Sent: Monday, May 15, 2023 1:48:23 PM

To: Nicole Chester <nicole@herbbar.com.au>

Subject: Monday update

Hi ☺☺

1. Apparently heart not 100% ok so now have to go cardiac person.
2. Having CT scan and thing down throat and up bum lol ☹️

Will email you blood test results plus I had another one today.

☺☺☺

Jennifer Segail

Jam&Co

0410 568 416

On 14 May 2023, at 7:40 pm, Nicole Chester <nicole@herbbar.com.au> wrote:

Happy Mother's Day ☺

Oh, I didn't see these results before!

So as I was suspecting. Liver is turning fatty. This explains a lot.

Still Worth asking for further testing. Though. Let's get more clarity here.

Rashes are usually a sign of body liver/gut trying to deal/clear with something.

Is it itchy? It looks quite aggravated!

This was another thought and area I wanted to delve further was the medication.

I will look more into this.

However you can't stop these meds unless there is an alternative! Just needed to say it. Ha!

Ok, you definitely seem to do better off the carbohydrates. But I was also wondering whether you would be better and more of a Paleo diet, the focus being more on the protein and vege but not going to overboard on the fats as in with Keto as the fat percentage is quite high. Only because your gallbladder and liver seem to be struggling with fat metabolism.

We could also look at supplementing with some lipotropics, which to help with fat breakdown. Choline is one that's quite important at this stage. And postmenopausally and/ or post hysterectomy, the Choline conversion levels seem to drop which is quite important for gallbladder and liver. Leading to the increased visceral fat after menopause

Once we get some more info come Monday. I may need to reassess all your supps and factor this in. As your on enough right now!

You could add some apple cider before each meal for now and do your herbs 5mls 3 x daily 10 mins before eating to improve gallbladder and bile production, which will support fat breakdown also.

We will get there. But definitely needing more answers right now.

There is always an answer!

Nicole x

Get [Outlook for iOS](#)

From: Jennifer Segail <jennifer@jamandco.com.au>

Sent: Sunday, May 14, 2023 10:27:37 AM

To: Nicole Chester <nicole@herbbar.com.au>

Subject: Report and other stuff

Happy Mother's Day 🌸

I found this report back from September 22. I think I shared it with u when we started.

So I can't ask dr tomorrow for ultra sound so I'll ask for CT scan.

Also I have broken out in this rash something is going on. Around bum, waist, elbow joints - I've had rashes all my life ☹️ it will settle down.

Lastly I looked up the blood pressure tabs I have taken since 43. Look at side effects 🤔

I can't have carbs. So I have gone back onto keto like I was on b4. At least when I was on it I didn't have bloating nor rashes, nor felt sick or had pain 🌸 ☹️

Anyway all will be revealed at some stage 😊

I'll let you know what happens on Monday!

Have a beautiful day 🌸🌸

Jennifer Segail

Jam&Co

0410 568 416

Research Notes

Practitioner: Nicole Chester

Appointment: 10 May 2023, 3:00PM

Created: 17 May 2023, 3:20PM

Last updated: 17 May 2023, 3:26PM

Notes

Notes/Q for further Ix/assessment

comparison markers in bloods from September 22 --> 20th March 23

AST 24 --> 32 **H**

ALT 36 --> 38 **H**

Cholesterol 5.5 --> 4.9
 HDL 0.9 --> 1.2
 LDL 3.8 --> 3.2 **H**
 non HDL - 4.6 --> 3.7
 triglycerides 1.8 --> 1.1
 Fasting BG 5.7 **H**--> 5.5 **H**

some promising shifts here, although liver needing more cellular and microcirculation repair and detoxification.

****confirmed fatty liver****

Follow Up Consultation

Practitioner: Nicole Chester
Appointment: 10 May 2023, 3:00PM
Created: 10 May 2023, 2:16PM
Last updated: 12 May 2023, 7:48AM

NDRV

PROGRESS

meal portions, have been measuring them
 few small skin tags have come back but alot better
 feeling really hungry again, dont feel stressed
 around hysterectomy, got pneumonia around same time
 walking daily, do about 5-10 kms, not sure how long it takes me plus pilates

feel like ive lost more weight initially or fluid, feel definitely smaller around the waist

had a night with a client and had to taste the chefs meals as would have been rude not too. including croissant with custard etc and had **diarrhoea, was baby poo colour**

getting hungry, so add melted cheese, made so sick. feel like its the fat

haven't been checking BP, but i know the symptoms

ear issue has resolved

Hi Nicole,

I just wanted to put some thoughts in writing while I had a min.

Im in Sydney today caught the 6am – was a very early start. 3.45am !!

Anyway as you could guess from the results from Cindi I was pretty disappointed. That said I bounce back!

I have included my weight tracking via fit bit.

MOVING FORWARD

An issue is not going to the toilet enough –**so I will need to get that fibre**
The other thing is when I’m at home and not going down and back to Sydney – I relax more and don’t feel an underlying tension. **Overall though I don’t feel stressed.**

POSITIVE: Since feeling more stable on this I don’t have any pain in my stomach, don’t feel sick, my energy is amazing I go to bed around 9.30pm and bounce normally out of bed around 5.30am-6.30am. I have lost weight around my waist and hips and on the scales – from my heaviest of 88kg am now 4.4kg lighter.

I have been walking between 5-10k a day and ave Pilates on a Saturday which I’m getting better at. Bike ride and gardening.

So where are we ?I once had a chat with someone who was trying to get me to do their program and did a full analysis of me and said I had “HPA axis dysregulation” aka Burn out LOL which I don’t believe I have at the moment – I did do a little research on it and it was about people not being able to lose weight ?**There is something with me and holding onto (fat) weight, says Cindi.**

Maybe you have some other answers ?

Look forward to catching up on Wednesday.

Jen 😊

Pathology	VLA - fat 30%, dry lean 16.53- stabile, ICW 24.45, ECW 20.2, ICW 24.45 prediction marker 0.782 (7-0.820), phase angle 6.10, waist 93
Medication - Supplements	no changes still on olmesarten
Current Diet - Fluid Intake	FOOD: I haven’t kept a food journal but know what I eat depending on if Im travelling to Sydney or not. It doesn’t really change and is getting pretty boring. Breakfast Choc smoothie or two eggs, mushrooms, tomato, spinach, Avocado Coffee with soy Snack Nuts and apple or boiled egg Lunch Choc smoothie or salmon bowl (no rice) with lemon and oil dressing

Dinner

Protein (fish, chicken etc), salad, sometimes a piece of feta. Avocado - I have tried a few of the dinners on the program.

Sheep’s milk yoghurt (two table spoons), Fruit: passionfruit or berries or papaya and keto sprinkle

On 3 occasions I ate 2 squares of keto chocolate

I had two not so good days when I went off script – that said it was just one meal which gave me diarrhea)

WATER: 3-4 - 750MLS A DAY

Sleep - Vitality

energy is good

**sleep went from bad to better, but lately constant waking at 12.30, 3.30 and 5.30am
rejuvenate sleep forte not working**

Exercise - Relax

walking and pilates

Signs - Markers

looking good, skin healthier, look thinner all around and in face

FINDINGS - ASSESSMENT

Hi Nicole,

Please see attached updated report for Jennifer.

She has lost cms on waist and hip, yet has gained fat. She was really frustrated, understandably. She is feeling better and noticing change but the fat is not reflecting. Her Total body water went up slightly and muscle mass remained steady.

I have discussed with her metabolic support. I don’t know what you have got her on, so its tricky but I would be looking at formulas containing:

Resveratrol, activated B3 (cell pathways)

Formulas like RESistx Advanced, thermoburn, Ampk (quicksilver)

Consider stress and cortisol.

Food timing – is she eating too much fat or not enough? She said she is only ever in trace keto, so she may not be fully switching so consider the META oil, or an MCT supplement.

Kind Regards

Cindi Young

Naturopath

P: 1300 089 969

Possibilities here..

HPA axis/ stress/ cortisol resistance driving insulin resistance. hunger has also increased and waking frequently through the night.

Jen does not feel stressed but is a type A personality and works well under pressure and high stress levels. flying in and out of sydney for work every other week. add more support for this

liver? fatty? need further Ix for this. push for imaging

Gallbladder keeps popping up as an issue. request through GP to look at gallbladder cell dysfunction, inability to transport fats correctly.

add another round of detoxification.

Pathology Requested	through GP imaging gallbladder, liver and full bloods to include fasting BG
Rx - PROTOCOL	<p>Thermoburn 1 bd</p> <p>clinical lipids/meta EPA/DHA - 1 bd</p> <p>mitoxcell - 1 scoop bd (increase acetyl l carnitine)</p> <p>resist X advanced - 1 bd</p> <p>g-tox express - 1 scoop bd</p> <p>livco - 1 bd</p> <p>calm X - 1 scoop</p> <p>probiotica regenex - 1-2 scoops before bed</p> <p>shake it df choc = meal replacement</p> <p>herbal 400mls</p> <p>gentian 40</p> <p>globe artichoke 90</p> <p>withania 80</p> <p>lemin balm 80</p> <p>gymnema 90</p> <p>ginger 20</p> <p>lavender 20</p> <p>\$94</p> <p>7.5mls bd</p>
DIET - LIFESTYLE PLAN	<p>switch to low fat shake-it program for 2-3 weeks and reassess</p> <p><i>Trial adding in 14-hour fast 2 days per week (non-consecutive days) for a minimum of 4 weeks, up to 12 weeks is optimal to reset metabolism. Fastings days skip one meal to reduce overall calorie intake</i></p> <p><i>Vege juice- vege with ginger, celery, carrot, lemon with peel</i></p> <p><i>Ketostix- check 1-2 x daily.</i></p>

VLA in 2-3 weeks with Cindy

Ensure your eating every 3-4 hours to stabilize blood sugar

Water- minimum of 3 litres daily.

Increase exercise intensity for a minimum of 45mins 4-6 x week.

Good 8 hours of sleep each night.

Record - Complete

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

Review - Next Visit

pathology results?

legalon

next appt 3 wks

Follow Up Consultation

Practitioner: Nicole Chester

Appointment: 31 Mar 2023, 12:00PM

Created: 31 Mar 2023, 12:06PM

Last updated: 3 Apr 2023, 1:13PM

NDRV

PROGRESS

no herpes outbreaks

BP stability -- still a bit higher this morning at John Flynn hospital
150/ something

had a heart echo, and the heart was absolutely fine. no issues under stress at all

last night's only had traces in ketosis, I like to be in the 15

getting used to shakes now, don't mind them, having
shake once a day

I'm kicking butt really. as had a lot of stress with new staff member.
he is a bit of cuddle, haha, like a bear. mid 40's

bowel hit and miss, sometimes go all time, every time was doing a wee, was doing a poo,
moved to every 2nd day

taking herbs - 5mls bd

	energy is great, really, love it
	sleep - not as good. 6.5 hrs some nights
	VLA (see attached - not retaining overall high body water, but ICW is LOW, indicating mineral deficiency. sign of poor cell membrane leaching stuff high body fat percentage, visceral fat --> poor glucose metabolism muscle mass and phase angle is good- good sign
Pathology	echo cardiogram showed no heart issues
Medication - Supplements	
Current Diet - Fluid Intake	only been having one extra CHO serving - just the yoghurt after dinner
Sleep - Vitality	sleep is ok, could be better. when in Sydney, not getting as much sleep. when home sleeping 8-10 hours
Exercise - Relax	am exercising bit not as much as should be
Signs - Markers	
FINDINGS - ASSESSMENT	feel stress affects more than think drop herbs to 5mls od, only increase if threat of HSVII outbreak add cell membrane support
Pathology Requested	
Rx - PROTOCOL	continue as previous plus add clinical lipids - 1 bd Vitamin E synergy - 1 od mitoxcell - 1 scoop
DIET - LIFESTYLE PLAN	continue with regular eating every 3-4 hours check BP twice daily, monitor closely and report if fluctuating
Record - Complete	<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 type="checkbox"/> Mood Appraisal</div></div>
Review - Next Visit	3-4 weeks post next VLA with Cindy on 29th April

Acute Follow Up Consultation

Practitioner: Nicole Chester
Appointment: 21 Mar 2023, 1:10PM
Created: 22 Mar 2023, 7:16AM
Last updated: 22 Mar 2023, 7:32AM

NDRV

PROGRESS

still having bought of erratic BP. from 118/93 --> 131/12, then 128, then 139.

on questioning eating patterns Jen mentioned she had only had shake at 7 am in the morning, then a boiled egg just now.

Feel this could be a significant issue as blood sugar dropping can drive changes in blood pressure.

Still mostly sitting in ketosis.

stress levels have been very high. couldn't get shit together.

feeling a little less stressed today.

VLA also showed dehydration, low ICW, and LOW ECW but the ratio is out. showed a need for further liver detox need and cellular membrane support needed. mineral deficient

have advised Jen to increase calm X to 3/4 scoop bd.

must start eating every 3-4 hours to stabilise blood sugar as feel insulin sensitivity needs a lot more work.

increase water and sip one a day to improve water absorption

keep herbs at 5mls od, and resist X at 1 bd, but monitor any signs of BP lows

22.03.23

message this morning 22nd March to say in ketosis, no issues over night and feeling good =)

Pathology to follow up with heart tests end of March

Medication - Supplements

Signs - Markers

FINDINGS - ASSESSMENT

Pathology Requested

Rx - PROTOCOL

continue..

Gymnema 40

Schisandra 40

St johns wort 40

Withania 50

echinacea 40at 5mls once daily only and increase to twice daily only if the threat of herpes

resist X advanced 1 bd

Multigen 1 od

finish of Phytopro

calm X --> increase to 3/4 scoop bd

shake it chocolate dairy free

keto bars cherry coconut - doesn't like taste of these

DIET - LIFESTYLE PLAN

add 3 small/1/2 servings of carbohydrates now spread out over day

eat regular meal/snack times (every 3-4 hours)

increase water intake

Record - Complete

☐ Blood Glucose

☐ PH

☐ Symptothermal Charting

☒ Diet & Symptoms

☐ Basal Body Temperature

☐ Blood Pressure

☐ HAQ

☐ Mood Appraisal

Review - Next Visit

1 week

Research Notes

Practitioner: Nicole Chester

Created: 22 Mar 2023, 6:57AM

Last updated: 22 Mar 2023, 7:15AM

Notes

Notes/Q for further Ix/assessment

emailed through from Jen on Saturday 18th march

Hi Nicole,

Just thought I would mention something just in case you can add any insights.

3 am this morning I was woken with incredible pain in my chest and felt someone was pressing on it. Plus couldn't breathe well. Did 4x4 breathing. My heart rate jumped to just under 80. When I'm asleep it's about 65.

Then I got super cold. The pain went for about 5-10 Min and the whole thing lasted 50 Min. Fitbit tracks everything.

Anyway was still alive this morning - my best friend was concerned as I probably was because I felt a bit anxious and had a tightness in my chest. I ended up going to the most horrible hospital where I waited about 2-3 hours. I finally left and went to a medical centre that immediately did an ecg but said it was ok - had slight flattening of lines? Dr urged me to go back to the hospital. Which I didn't.

I just came back for an 11,000-step walk. Feel ok chest a little tight but apart from that normal.

Wdut? Any insights?

Thanks Jen ☺📧

Ps my pee was in ketosis which is good.

Jennifer Segail

Called Jen, to run through questions to rule out possible signs of ketoacidosis - she did not have any pain in the abdomen, fatigue, weakness, reduced appetite, excessive thirst, excessive urination, , blurred vision, confusion, nausea or vomiting. only the tightness in the chest, shortness of breath, dryness in the mouth and felt cold even though it was hot.
BP was ranging from 140-148

The next morning Jen was moving into the brown 0.4 (moan) on ketostix showing swinging in ketoacidosis.

I got her to add 2 x small carbohydrates serves into diet. she then swung out of ketosis and back in again within a day.
had experienced headaches and nausea. had apple and instantly felt better

Jen had another couple of experiences like this with BP being erratic and feeling off, and rising to 158/over 80ish
got her to reduce herbs to 5mls od as she as concerned she would get hepres outbreaks again. and resist X once daily only until we establish what is going on,

Jen is scheduled to get further heart check but couldn't get in until end of the month!

Follow Up Consultation

Practitioner: Nicole Chester
Appointment: 16 Mar 2023, 1:00PM
Created: 16 Mar 2023, 12:57PM
Last updated: 22 Mar 2023, 6:55AM

NDRV

PROGRESS

i am loving the detox!! feel so much more energy, better mentally, herpes gone!

not just the sugar, but my eating is better, find the keto cafe,
brio cafe - keto stuff, feel content eating like this.

sleeping better, don't feel jet lagged when back from Sydney.

detox symptoms were ok.

eliminating more poos and wees.

Pathology	didn't need up getting helicobacter test as symptoms have subsided when started detox
Medication - Supplements	still on Olmesartan 20mg have stopped the Favic and Vagifem. have had no threats or outbreaks of herpes since
Current Diet - Fluid Intake	Enjoyed the detox diet
Sleep - Vitality	
Exercise - Relax	don't like exercise but will do it. enjoy my pilates
Signs - Markers	
FINDINGS - ASSESSMENT	great repose to detox. to bring in the ketogenic program now to improve body composition and reverse insulin resistance. need to reduce fat percentage and improve insulin sensitivity.
Pathology Requested	
Rx - PROTOCOL	continue herbal 210mls Gymnema 40 Schisandra 40 St johns wort 40 Withania 50 echinacea 40 7.5mls bd resist X advanced 1 bd Multigen 1 od finish of Phytopro to order shake it chocolate dairy free keto bars cherry coconut
DIET - LIFESTYLE PLAN	Shake it ketogenic program. 6 weeks and reassess. to get VLA with Cindy ASAP must exercise check ketosis using ketostix

Record - Complete☐ Blood Glucose☐ PH☐ Symptothermal Charting☒ Diet & Symptoms☐ Basal Body Temperature☐ Blood Pressure☐ HAQ☐ Mood Appraisal**Review - Next Visit**

3 weeks

Initial Consultation**Practitioner:** Nicole Chester**Appointment:** 1 Mar 2023, 2:15PM**Created:** 1 Mar 2023, 1:22PM**Last updated:** 8 Mar 2023, 9:11PM**NDFV****Age** 57**Status** married**Emergency contact****Children** 2 daughters**Occupation Past - present**

own business

Moved from Sydney to GC in November 2019.

I manage my Sydney business from GC remotely and go to Sydney every 2nd week

Pregnant - Breast-feeding

no

Height - Weight

Weight 2011 – 75kg 2016 – 80kg 2021 – 90kg 2022 – 88kg

PRESENT COMPLAINT

1. 2019 Weight issues and bad bloating issues (getting worse not better) since having Hysterectomy.

1. Ongoing herpes outbreaks. (on upper buttocks, always same place)

2. New thing: ear infections both ears. Dr thinks have glue ear and needs gromitt's on antibiotics and drops for 3 weeks – still going on.

3. **If I rest a lot**, I have energy.

have to physically lie down in afternoons sometimes

nothing I've done has worked, seen a lot of alternative therapies

come to think of it, herpes may have started after starting vagifem pessaries.

100ml herbal made at Flannery's?

milk thistle, gymnema, schisandra, bupleurum. feel might be helping a little already

HIGH BP - medicated**Other care - GP - Specialist**

I have experienced a lot of alternative therapies and recently weight loss things during

my years on the planet.

- Going to a farm in my 20's to get over CFS having juices and colonics for two weeks.
- Seeing Chinese medicine Dr and getting acupuncture and boiling my own herbs.
- Going on detox's. ie Medical Medium
- 2016 | Naturopath and getting many test ie poo test, hair etc spending a large amount of money (didn't enjoy that experience).
- Seeing an acupuncture Dr and having weekly treatments for years
- 2019 | Allergy test | Sent hair sample off to UK to find out foods that might affect me.
- 2019 | Naturopath | said I had adrenal burn out?
- 2020 | August | Going to GC Ayurveda clinic and going on a 1-month detox. Enjoyed the massages didn't enjoy the other parts.
- February 2021 | Naturopath/homeopath Linda Cairns GC
- August 2021 | Metabolic Balance
- Sept 2022 | Joined 4% club to help lose weight
- Feb 2023 | had colonics.

Pathology

2015-2018

WCC trending low end since 2015, with **fasting BG 5.4-5.8, cholesterol 5.8-6.0, triglycerides 1.9H, LDL:HDL high**

Feb 2019 presented unwell and sweaty, all WCC lower end, neutrophils L, cortisol 191 (110-550), b12 low end, **EBV past infection, nuclear antigens all clear, RA factor positive. 17 (<14), hormones showing post-menopausal, FSH 69, LH32, oestradiol <65,**

Sept 2022 presented with epigastric pain, **pancreatic studies, lipase 51(8-57) Amylase 41 (8-57), ferritin 143, fasting glucose now 5.7, cholesterol and triglycerides still high**

Past Complaints

Medical Hx

Health History:

Child: rashes I think was born with a rash, glue ear (gromitts), tonsils and adenoids (out around 9 years old)

1992 | CFS – Epstein Barr Virus

1999 | Birth daughter x 1

2001 | Birth daughter x 1

2009 | Herpes 2 | HSV

2011 | Cysts removed ovaries, only small.

2013 | Early menopause brought on by stress – took alternative hormones under the tongue.

2018 | December Pneumonia

2019 | Sept | Hysterectomy full plus infection in hospital 2 weeks lots of antibiotics

	<p>2019 Nov MOVED TO GC</p> <p>2020 Jan Broken ankle in 3 places and operation with plates</p> <p>2020 Oct Herpes 2 HSV continued 4 months non stop (I have herpes 1 & 2 in my system but don't get cold sore</p> <p>2021 Jan broke wrist in 3 places operation with screws and plates. Herpes stopped then. 2022 Herpes suppressive medication</p> <p>2022 Oct diagnosed with severe obstructive sleep apnoea</p> <p>2023 Feb Herpes suppressive medication doesn't stop the outbreaks most recent Feb 23 last for 3 weeks. Then a week or two break and then again.</p> <p>2023 Feb ear infection 3 weeks, two lots of antibiotics and drops think glue ear. Dr suggest ENT for gromitts</p>
Family Hx	father died of pancreatic cancer/failure?
Current symptoms - HAQ	low HCL, lean more towards constipation, low enzymes, pancreas*, liver** adrenals*, dry skin, increased facial hair, glue ear, dysglycaemia***
Medication	<p>Blood pressure (been taking since mid 40's) Olmesartan 20mg</p> <ul style="list-style-type: none"> Favic 250mg x am and pm suppressive therapy for herpes Vagifem Low Pessaries 10mg twice a week (since hysterectomy)
Supplements	<ul style="list-style-type: none"> Metagenics Calm X – 1 scoop am Healthy Joints: Collagen, Glucosamine, MSM, Clondroitin, Tumeric Good Mix: Greens+ aloe (spirulina powder) Lysine 1200 x 1 a day Eagle Tresos activated b PluS
Current Diet - Fluid Intake	quite clean, including good protein but a lot of carbs and higher sugars in dried fruit that need eliminating
Toxic Burden - Alcohol - Drug Use	use to binge drink in my younger days and 30s but rarely drink now, drink once a month maybe
Stress - Trauma	had a lot of stress over the years including running ow business
Sleep - Vitality	<p>sleep apnoea</p> <p>take rejuvasleep, seems to work well</p>
Exercise - Relax	Exercise: ride my bike, Pilates, walking (ONLY WHEN FEELING ENERGISED)
Signs - Markers	
Allergies	
FINDINGS - ASSESSMENT	chronic metabolic unbalance, suspect high visceral fat, high-fat body composition -->

long-term stress? hormone disruption? and possibly exceeding calorie intake leading to high hepatic fats --> pancreas stress, poor beta cell function, reduced insulin sensitivity, leading to continually high blood sugar and fat storage, and high lipids. increased belly fat, dysglycaemia, pre-diabetic state, and increased cardiovascular risk.

a lot of symptoms of H.pylori, need to rule this out as contributing factor to bloating and stomach discomfort. feel enzymes and HCl low and need support. liver could also be contributing to stomach fullness and bloating

reduce blood sugar, improve liver and pancreas function, add support for adrenals, reduce cortisol, and improve oestrogen ratios

feel EBV or CMV could also be reactivated driving herpes outbreaks, possibly fatigue --> antiviral support

going to stop the antiviral for herpes and gradually wean off vagifem. vagifem pessaries could be stimulating outbreak of HSVII

Pathology Requested

h.pylori

Rx - PROTOCOL

g- tox express - 1 scoop bd

phyto pro - 2 bd

multigen - 1 od

resist X advanced - 1 bd

herbal 201mls

st johns 50

echinacea 40

Schisandra 40

Gymnema 50

cinnamon 30

7.5mls bd

\$54

DIET - LIFESTYLE PLAN

2 week detox

allowable detox list. opt to reduce carbs where possible

Record - Complete☐ Blood Glucose☐ PH☐ Symptothermal Charting☐ Diet & Symptoms☐ Basal Body Temperature☐ Blood Pressure☐ HAQ☐ Mood Appraisal**Review - Next Visit**

exclude gluten and dairy strictly

ketogenic shake it program, 6 weeks

add adrenal support, zinc?

Patient Forms

There are no patient forms for Mrs Jennifer Segail.