

Simone Raven

DOB 6 Jun 1963

Appointments

Date	Time	Type	Practitioner
15 Apr 2025	2:00PM – 2:45PM	Repeat Visit Naturopathic TELEHEALTH Appointment (30 mins)	Nicole Chester
4 Feb 2025	2:00PM – 2:45PM	Repeat Visit Naturopathic TELEHEALTH Appointment (30 mins)	Nicole Chester
7 Jan 2025	2:00PM – 2:45PM	Repeat Visit Naturopathic TELEHEALTH Appointment (30 mins)	Nicole Chester
4 Dec 2024	2:00PM – 3:15PM	Second Visit or Long Repeat Naturopathic TELEHEALTH (45 mins)	Nicole Chester
5 Nov 2024	2:00PM – 3:30PM	Initial Naturopathic TELEHEALTH (75 mins)	Nicole Chester

Treatment Notes

Herbal/Supplement repeat	
<p><b>Practitioner:</b> Nicole Chester</p> <p><b>Created:</b> 19 Mar 2025, 3:58PM</p> <p><b>Last updated:</b> 20 Mar 2025, 6:31AM</p>	
Herbal/Supplement	<p>Herbal 540mls</p> <p>Nigella 130</p> <p>Globe Artichoke 130</p> <p>Arjuna 100</p> <p>Pomegranate 90</p> <p>Holy Basil 90</p> <p>9mls bd</p> <p>\$130</p> <p>Repeat of..</p> <p>resist X advanced - 1 bd</p> <p>Arthrex - 1 scoop, can add to smoothie or mix in water</p> <p>Joint intensive care - 2 tds,5 days, then 2 bd</p> <p>Clinical lipids 2 bd</p> <p>neuro calm sleep - 2 nocte</p>

Follow Up Consultation
<p><b>Practitioner:</b> Nicole Chester</p>

**Appointment:** 4 Feb 2025, 2:00PM  
**Created:** 4 Feb 2025, 1:59PM  
**Last updated:** 9 Feb 2025, 8:59AM

NDRV

PROGRESS

pretty good,  
not too much to tell you

was getting indigestion - cleaned out sinuses with flush  
use to lose my voice, croaky- saw a lady for sinus, and it got rid of indigestion

sinus flush to seem to improve indigestion (burping, throat burning -- apparently, sinus  
can affect that?

have lost a fair bit of weight but have stabilised, do get hungry -- make sure im having 3  
meals a day now, no snacks.  
'used to skip lunch

weight fluctuates 52.5- 54  
height - 161.5cm. think i have shrunk

diagnosed with osteoporosis and osteopenia. the last scan indicated a further loss

BP is usually around 89/61

don't show stress  
sometimes cope well, sometimes done,  
Dad has his heart op next week. going down for it

stress internalise with me, headaches maybe

Pathology

none yet.  
have a new one to do in march

Medication - Supplements

as previous. being compliant

Current Diet - Fluid Intake

3 meals a day

Sleep - Vitality

ok, neuro clam sleep is helping

Exercise - Relax

started pilates. doing some weights

Signs - Markers

FINDINGS - ASSESSMENT

concerned about bone loss.  
describing pain like bone pain,

Previously Diagnosed Osteosarcopenia and osteoporosis.

Alk phos has been rising to 129 and now back to 101.  
No vitamin D level been done in last month

Calcium is consistently high in blood- partial parathyroidectomy?  
feel parathyroid not functioning well to detect ongoing higher calcium in blood.

Magnesium still low despite taking 4 caps of glycinate a day and 1/2 scoop Alkamin Calm

Focus on mineral/calcium-rich foods and weight-bearing exercise. increase protein

Pathology Requested

Rx - PROTOCOL

Herbal 540mls  
Nigella 130  
Globe Artichoke 130  
Arjuna 100  
Withania 90  
lavender 60  
Maritime Pine 30  
9mls bd  
\$128

Alkamin Calm - 1/2 scoop bd  
Bio D + k2 - 1 od  
resist X advanced - 1 bd  
Arthrex - 1 scoop, can add to smoothie or mix in water  
green nutritional super grass powder (add to a smoothie)  
Joint intensive care - 2 tds,5 days, then 2 bd  
Clinical lipids 2 bd  
neuro calm sleep - 2 nocte

DIET - LIFESTYLE PLAN

**Alkaline Diet 80/20 Rule. Gluten and dairy-free**  
**Daily - Detox smoothie, add 2 tsp super grass/greens powder (recipe as given)**  
**Lox Tox living**  
Avoid refined carbohydrates and sugars (No white stuff)  
Keep coffee, and alcohol minimal  
Avoid all trans/hydrogenated fats i.e margarine, hydrogenated seed oils, processed

foods

calcium/mineral-rich foods - dark green leafy, nuts (almonds) seeds (sesame/tahini), fresh and canned salmon in particular with bones, sardines, amaranth, tofu, and feta, yoghurt, whey protein, beans and lentils if tolerate

Include fresh lemon, lime and/or apple cider vinegar, a few Brazil nuts and dark green leafy veg daily

Include daily for microcirculation/vascular support - garlic, ginger, turmeric, berries, green tea, small amount min 85% dark chocolate or cocoa/cacao.

Drink 2-3 litres of quality purified **\*alkaline** water daily (Mostly away from meals)

Gentle Yoga/stretching

Sunshine ☑ daily

**Record - Complete**

☐ Blood Glucose

☐ PH

☐ Symptothermal Charting

☐ Diet & Symptoms

☐ Basal Body Temperature

☐ Blood Presuure

☐ HAQ

☐ Mood Appraisal

**Review - Next Visit**

may need to add HMB and creatine to maintain muscle mass.

post bloods - check lipids, vit D

Follow Up Consultation

**Practitioner:** Nicole Chester  
**Appointment:** 7 Jan 2025, 2:00PM  
**Created:** 7 Jan 2025, 1:58PM  
**Last updated:** 19 Jan 2025, 11:29AM

NDRV

PROGRESS

run out of herbal, Arthrex, Inflammoid intensive care, neurocalm sleep, alkaline calm,

Pain is not too bad. Run out of alot of things, but still not too bad  
paracetamol dosage varies, sometimes 2-6 a day, but intake over all better. would like to get off the paracetamol altogether

Dr Bently- said main blood vessel- calcium score - in 2003 - suggested could be soft plaque

Dr wants me to go on statins. will repeat march blood test, Dr giving 3 months to get cholesterol/lipids down

markers elevated - liver, cholest, TG, poor lipid ratios

gut is ok. no issue

few S.bifido biotic left

neurocalm sleep- like it. not getting longer sleep but feel quality is better. would like to keep taking this one

filter - is tank water alkaline enough? test PH

Pathology

bloods Nov24

PTH 5.0

**ca+ 2.51/corr 2.45 H (improved)**

**Albumin 46 H**

**\*parathyroidectomy\***

**FSH 72.4**

**Lh 23.9**

**<80 oestrodial**

**0.5 progesterone**

**test 0.4**

**SHBG 97 H**

Free androgen index 0.4

**\*menopausal --> using small dose ovestin now**

**Cholest 6.8**

**TG 2.0**

**HDL 1.2L**

**LDL 4.7 H**

**non-HDL 5.6**

Sod 137

Pot 4.0

**magnesium 0.7 L**

**Bicarb 23**

**Urea 3.9 (come down from 6.9**

**neutrophils 1.86 L**

**GGT 22**

AST 24

ALT 19

all come down

ALP 101 (down since ovestin)

**kidneys normalised**

Medication - Supplements	
Current Diet - Fluid Intake	good, cant get much more compliant
Sleep - Vitality	better with neuroclam sleep
Exercise - Relax	
Signs - Markers	
FINDINGS - ASSESSMENT	seeing some improvement. seems slow to progress, considering compliance
	alot of markers improved - kidneys, liver enzymes on bloods, but still systemic inflammation/cardiovascular drivers. signs of acid balance issues.
	need to monitor ALP --? bone loss
	add herbs to reduce cholest/improve lipid ratios. continue CVS/ inflammation/acid balance support
Pathology Requested	to repeat lipids in 3 months
Rx - PROTOCOL	Herbal 540mls Mushroom Forte 140 Nigella 110 Ginger 10 Globe Artichoke 110 Arjuna 90 Withania 80 9mls bd \$131
	Alkamin Calm - 1 scoop Bio D + k2 - 1 od S.bifido - 1 od - finish resist X advanced - 1 bd Arthrex - 1 scoop, can add to smoothie or mix in water green nutritional super grass powder (add to a smoothie) Joint intensive care - 2 tds,5 days, then 2 bd Meta pure / Clinical lipids neuro calm sleep - 2 nocte
DIET - LIFESTYLE PLAN	<b>Alkaline Diet 80/20 Rule. Gluten and dairy-free</b> <b>Daily - Detox smoothie, add 2 tsp super grass/greens powder (recipe as given)</b> <b>Lox Tox living</b> Avoid refined carbohydrates and sugars (No white stuff)

Keep coffee, and alcohol minimal

Avoid all trans/hydrogenated fats i.e margarine, hydrogenated seed oils, processed foods

Include fresh lemon, lime and/or apple cider vinegar, a few Brazil nuts and dark green leafy veg daily

Include daily for microcirculation/vascular support - garlic, ginger, turmeric, berries, green tea, small amount min 85% dark chocolate or cocoa/cacao.

Drink 2-3 litres of quality purified **\*alkaline** water daily (Mostly away from meals)

Gentle Yoga/stretching

Sunshine ☀ daily

**Record - Complete**

☐ Blood Glucose

☐ PH

☐ Symptothermal Charting

☐ Diet & Symptoms

☐ Basal Body Temperature

☐ Blood Pressure

☐ HAQ

☐ Mood Appraisal

**Review - Next Visit**

4 weeks

PH of water?

detox smoothie?

add more magnesium? seems to be struggling still --> bone loss?

increase ovestin cream?

Follow Up Consultation

**Practitioner:** Nicole Chester

**Appointment:** 4 Dec 2024, 2:00PM

**Created:** 4 Dec 2024, 1:45PM

**Last updated:** 4 Dec 2024, 4:31PM

NDRV

PROGRESS

Did the blood test last Tuesday, the dr will send the info to me once he has looked at it. Rang them this morning, to confirm that and at this stage he still hadn't looked at them. Have been taking everything you have prescribed me on a daily basis as well as the 2 litres of water. Am still taking the magnesium tablets that I had 2 in the morning and 2 at night. Sometimes still get cramps. Headaches are still hanging around but I do not always require panadol osteo first thing in the morning, sometimes can go till lunchtime, which is a win.

Talk tomorrow

Sim 😊 x

diet -- following 80/20 rule, eating more greens

piece of fish and meat, a plate of salad

was pretty consistent, had halloumi once and upset my gut and Malabar prawns --- since then, issues with soft stools, no naan, just had small amount of rice.

	<p>eat nothing processed</p> <p>can be very diarrhoea after morning supps</p> <p>headaches improved a little bit, and I now have Panadol at lunch rather than morning -</p> <p>so seeing some improvement</p> <p>pain - got to start doing, exercise moving again, little bit better</p> <p>no hard lumps forming</p> <p>coffee, still having 3/day</p> <p>sleep, 6 hours, can't lay there too long as get sore, quality varies,</p> <p>use to get dry eyes and dry mouth - Sjrogens - one specialist said i had it, but couldn't be found in my blood</p>
Pathology	waiting results form gP now ..
Medication - Supplements	same, but reduce panadol osteo a little
Current Diet - Fluid Intake	diet seems good
Sleep - Vitality	sleep is generally 6 hours, not always great quality, it varies
Exercise - Relax	want to start exercise again
Signs - Markers	
FINDINGS - ASSESSMENT	<p>Reduce all drivers of inflammtion</p> <p>support alkaline balance/CV protection</p> <p>support detoxification/MTHFR</p> <p>immune modulation - auto-immune element</p> <p>gut weed, seed and feed</p> <p>increase anti-ox support</p>
Pathology Requested	none
Rx - PROTOCOL	<p>next Herbal 500mls when finished current..</p> <p>Licorice 70</p> <p>Pomegranate 80</p> <p>Rosemary 80</p> <p>Golden Seal 80</p> <p>Echinacea 80</p> <p>Bupleurum 90</p>



	<div>Ginger 20</div> <div>9mls bd</div> <div></div> <div>alkamin Calm - 1 scoop</div> <div>Bio D + k2 - 1 od</div> <div>S.bifido - 1 bd</div> <div>Arthrex - 1 scoop, can add to smoothie or mix in water</div> <div>green nutritional super grass powder</div> <div>Inflavonoid intensive care - 2 tds,5 days, then 2 bd</div> <div>neuro calm sleep - 2 nocte</div>
DIET - LIFESTYLE PLAN	<div>Alkaline diet, 80/20</div> <div>add chlorophyll any way can with all meals</div> <div></div> <div>include lemon/lime. apple cider, brazil nuts, dark greens leafy daily</div> <div></div> <div>alkaline water</div> <div></div> <div>keep coffee, alcohol and sugar minimal</div> <div></div> <div>microcirculation foods - green tea, berries**</div> <div></div> <div>send info on MTHFR</div>
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 type="checkbox"/> Diet &amp; 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	<div>look at implementing detox in January. consider P2 detox or g-tox, lifestyle practises for detox</div> <div></div> <div>stretching/yoga?</div> <div></div> <div>add more gut repair - more weed, seed and feed</div> <div></div> <div>talk about low-tox living, environmental exposure - exacerbated by MTHFR</div>

Initial Consultation	
<div>Practitioner: Nicole Chester</div> <div>Appointment: 5 Nov 2024, 2:00PM</div> <div>Created: 5 Nov 2024, 1:32PM</div> <div>Last updated: 6 Nov 2024, 7:01AM</div>	
NDFV	
Age	61

Status	married to Mark
Emergency contact	Mark - 0407 705 448
Children	no children, couldnt have kids - diagnosed with Ashermans syndrome
Occupation Past - present	not working due to pain levels experience daily  always busy, though.
Pregnant - Breast-feeding	
Height - Weight	160cm, 57kg
PRESENT COMPLAINT	<p><i>Had a Bone density test last week, I have osteopenia and osteoporosis in areas. I will send you a link to that separately through PRP Medical Imaging in case you would like to have a look at it. Also had x-rays done on my hands to see if there is any arthritis, etc. The hand x-rays are on a separate link, but the report for this will not be ready till the 8th of November, let me know if you would like a link to the hand xray.</i></p> <p><i>The password that is required is my birthday 06 06 1963.</i></p> <p><i>Regards</i></p> <p><i>Sim</i></p> <p><b>*Headaches, the base of the neck mostly</b></p> <p><b>30 years ago - broke neck,</b></p> <p><b>morphine, 120mg a day, taken 6 panadol osteo today</b></p> <p><b>occipital neuralgia, cluster headaches. rarely migraines feel like electrical shocks,</b></p> <p><b>bone density, recently diagnosed with osteopenia</b></p> <p><b>cramps in my legs have been getting bad</b></p> <p><b>gut -- get random issues, usually pretty good, was getting constipated, but back to what used to be, since starting this diet</b></p> <p><b>cheese affects gut</b></p> <p>have had alot of healing, it did scare me though</p> <p>went to a pain clinic 5 years after it happened for 2 weeks.</p> <p>saw professor - scans, couldn't find the break, but eventually, he found it, he wouldn't touch it, said it would never get back to normal</p>

C1 and C2 were mostly affected, said i was a hairline away from being like Christopher read

have had physio, acupuncture, and help while there  
self-managed for alot of years

parathyroid, leaking through, leaching through bones.

had a gland in the neck that went up the size of a golf ball  
the gland has gone up and down but has significantly reduced since on diet since on new diet, for the first time ever.

started a diet 4 weeks ago, no gluten, dairy. avoiding these  
no nightshades for a week now too

Other care - GP - Specialist

Sjogren's. alkalising spondylitis

gotten worse since 2 years ago, wrist and hand scan

feel like bone and then disappears

in spine - spurs.

knobbly bits and disappear

Pathology

**ALT, AST, GGT higher than optimal**  
**\*ALP 124, has been higher, for over 12 months, but dramatic increase in may**  
in menopause  
test 0.4  
SHBG 46  
**DHEA 1.4**  
TSH 1.5  
**cholest 6.4**  
**HDL ratios poor**  
**TG 1.4**  
**calcium plus**corr - High 2.54  
**Bi-carb 24**  
ferritin 84

Past Complaints

Medical Hx	<p>Double MTHFR</p> <p>calcium in heart valves</p> <p>stress levels over the years, 8 car accidents as a passenger</p>
Family Hx	<p>Dad has vascular dementia - dad getting worse.</p> <p>been on statins, heart murmur</p> <p>2 strokes in the last 2 years</p> <p>our mum passed and was stressed as was in a nursing home</p> <p>scan showed mum had a stroke, carotid artery blockagee</p>
Current symptoms - HAQ	<p>Indigestion, food sits, bad breath, loss of appetite, stomach pain/burning, heartburn after certain foods, upper and lower abdominal cramps/pain, gas, nausea/vomiting, diarrhoea, loose stools, constipation, rectal pain/cramps, abdominal pain under ribs, Unexplained itchy skin, Malaise easy bruising/bleeding gums etc, dry skin hair, fatigue, feel cold intolerance, feel hot intolerance, puffy face hands feet, unintentional weight gain/loss, swelling or tightness in front of neck, low mood, low libido, notable weakness and limbs, irritability, visual disturbance /staring gaze, feel stressed, sensitive, overwhelmed, low mood, concentration, needs stimulants, feel fatigued after stressful day, difficult to get moving in the mornings, difficult staying awake through the day, nausea, palpitations, Try skin/vagina, hot flushes/night sweats, painful intercourse, increase facial hair upper lip, miscarriage, vaginal discharge, breast lumps changing breast shape, skipping meals causes weakness, increased thirst appetite, sweating, dizziness when standing, unintentional weight loss/weight gain, Cold sores, mouthful, excessive loss of hair, swollen glands, armpits, migraine/headaches, sensitivity to light, localised itching, increased effort to breathe wheezing, loud snoring, lower back pain, urgency of urination, severe lower back pain, history of kidney stones, prolonged recovery after exercise, Shortness of breath after exertion, difficulty thinking straight, sores in corner of mouth, pale eyelids, lips, gum, headaches, ringing and ears blurred vision, palpitations, dizziness, pain heaviness in central chest, history of high blood cholesterol, cold extremities tingling pricking sensations, bone tenderness, lower back pain, osteoporosis , muscle tightness, specific body points tended to Touch, muscle cramps, muscle twitch, muscle weakness, muscle loss, red swollen joints, limited range of motion, multiple joint pain, difficulty chewing opening mouth, lightheadedness, ringing in ears, pins and needles, unsteady on feet, drooping eyelids, impaired hearing/eyesight/sense of smell taste, difficulty staying asleep, falling asleep, fidgety, short attention span, learning difficulties, dermatitis, dandruff/tinea/fungus infections, skin rashes</p>
Medication	<p>ovestin vag pessarie cream . 0.5mg , since end of October24</p> <p>Panadol osteo 2 to 6 per day depending on pain level or headaches</p> <p>Palitoylethanolamide levagen 400 mg capsule 2 x 1 daily compounded</p>

	<p><i>Cg Geranylgeraniol 150 mg x1 daily</i></p> <p><i>*Was on CBD oil for the last 3 years. Took myself off it in July, and found it was affecting my personality.eg depression, anger within.</i></p>
Supplements	<p><i>Ethical nutrients Mega zinc 40mg with vitamin C x 2 times daily</i></p> <p><i>Magnesium glycine 900mg ( 200mg elemental) capsule 2 x 2 daily compounded</i></p> <p><i>EAnnato Tocotrienols 125mg x 1 daily</i></p>
Current Diet - Fluid Intake	<p>quite clean, only recently cleaned up diet. was eating some rubbish</p> <p>was drinking 12 cups of black coffee a day. down to 3/daily</p>
Toxic Burden - Alcohol - Drug Use	<p>alot of prescription drugs for pain over the past 30 years</p>
Stress - Trauma	<p>marks mum and dad had stress with them too.</p> <p>dad has a partner, 87, her partner has bowel cancer</p> <p>dad had RSV</p> <p>stroke</p>
Sleep - Vitality	<p>poor initiation and sleep quality</p>
Exercise - Relax	
Signs - Markers	
Allergies	<p>?</p>
FINDINGS - ASSESSMENT	<p>Core issue is ACID balance driving systemic inflammation coupled with CVS markers rising and post-menopausal adding to bone loss-Poor calcium utilisation</p> <p>Cholesterol, LDL, TG rising with strong family Hx or vascular dementia and stroke.</p> <p>Extensive Hx of musculoskeletal trauma broke neck around C1, C2.</p> <p>clean up all possible drivers of inflammation - gut microbiome and gut repair</p> <p>support stress adaption with current stress load (adding to acid balance issue ), support liver/phase II with Hx of prescription meds</p> <p>Some Suggestions and evidence of AI Srojens and alkalyising spondylitis in past</p> <p>coffee consumption has been excessive over the years, contributing to acid state</p>
Pathology Requested	<p>Bloods request from the specialist in 3 months or immediately pending my bone scan results ..</p> <p>CAMG and phos) PTH, EUC/LFT, hormone female (E2, P2, FSH, LH) FAI, SHBG, test, HDL,</p>

	HDL, TG, HB
	consider homocysteine?
Rx - PROTOCOL	<div>Herbal 500mls</div> <div>Withania 80</div> <div>Rehmannia 90</div> <div>Schisandra 100</div> <div>Nigella 100</div> <div>Bupleurum 100</div> <div>Ginger 30</div> <div>7.5mls bd</div> <div>\$125</div> <div>alkamin Calm - 1 scoop</div> <div>Bio D + k2 - 1 od</div> <div>S.bifido - 1 bd</div> <div>Arthrex - 1 scoop, can add to smoothie or mix in water</div> <div>green nutritional super grass powder</div> <div>PO Box 331</div> <div>Morisset, NSW 2264</div>
DIET - LIFESTYLE PLAN	<div>Alkaline diet, 80/20</div> <div>add chlorophyll any way can with all meals</div> <div>include lemon/lime. apple cider daily</div> <div>alkaline water</div> <div>keep coffee, alcohol and sugar minimal</div>
Record - Complete	<div><input checked="" type="checkbox"/> Diet &amp; Symptoms</div> <div><input type="checkbox"/> Basal Body Temperature</div> <div><input type="checkbox"/> Blood Presuure</div> <div><input type="checkbox"/> Blood Glucose</div> <div><input type="checkbox"/> PH</div> <div><input type="checkbox"/> Symptothermal Charting</div> <div><input type="checkbox"/> HAQ</div> <div><input type="checkbox"/> Mood Appraisal</div>
Review - Next Visit	<div>Allergies?</div> <div>lemon water</div> <div>gut repair</div> <div>add sleep support if needed</div> <div>Siberian ginseng</div>

Patient Forms

There are no patient forms for Simone Raven.