

Ms Haylee Macken

DOB20 Jan 1985

Appointments

Date	Time	Type	Practitioner
6 Nov 2024	2:15PM – 3:30PM	Second Visit or Long Repeat Naturopathic (45 mins)	Nicole Chester
12 Sep 2024	10:30AM – 12:00PM	Initial Naturopathic (75 mins)	Nicole Chester

Treatment Notes

Follow Up Consultation	
<p><b>Practitioner:</b> Nicole Chester <b>Appointment:</b> 6 Nov 2024, 2:15PM <b>Created:</b> 6 Nov 2024, 1:58PM <b>Last updated:</b> 19 Nov 2024, 6:43AM</p>	
<p><b>NDRV</b></p> <p><b>PROGRESS</b></p>	<p>gut/bowel - going good. stopped everything - started back up, then got sick with a virus, had AB, had sore on lip. when in Melbourne as severely constipated.</p> <p>son expelled from school. so have had stress, otherwise kids are well behaved. find it hard to sit and do nothing can't let things go take on other people's problems.</p> <p>Energy gone down, bit blah, but was feeling alot better when on all supps</p> <p>hunger did improve heaps, but fallen off the wagon a bit oedema has improved alot cycle - did test 5 October, period coming in around two days days, bitchy, short-tempered</p> <p>home sick -- fly bac to Melbourne cause miss family.</p> <p>if i think about it, the stress of not finding a house when first moved here was very stressful, and feel weight started to blow out then</p> <p>I love what I do for work</p> <p>had one colonic, felt better</p>
<p><b>Pathology</b></p>	<p><b>MTHFR</b> - heterozygous (c677T) 30-40% enzyme reduction, both parents</p>

**Thyroid** - all Ok, except reverse T3 low, this is normally favourable, but could indicate an adrenal issue

**DUTCH**

**High cortisol/Glucocorticoids\* --> driving down Melatonin, which is low all night, 9 pm**  
**adrenal insufficiency stage**  
**wired but tired**  
**cortisol through for most of the day with deficient melatonin**  
**cortisol driving metabolic syndrome .. poor metabolism**

will lead to constipation, brain fog etc and increase more toxic load.

Oestrogen fluctuates over the day.  
E1/E2 and E3 are good, with healthier protective  
**oestrogen favourable but relative to progesterone is high**  
poor methylation --affecting metabolites of oestrogen

**lower androgens. LOW DHEA (adrenal output)**

Medication - Supplements	
Current Diet - Fluid Intake	<p>paleo - sauerkraut , bone broth</p> <p>exercise - no</p> <p>need to eat at 10 am</p> <p>chocolate cravings.</p> <p>baby shower</p> <p>I can't tolerate pork or potato cake --. stomach didn't like since eating better</p>
Sleep - Vitality	<p>noticed when been drinking sleep well</p> <p>set- alarm for 4.30 am, feel tired. up and down, full moon can't sleep. bed at 9.30, woke at 11 am- 4 am in the morning. daughter in bed which affects my sleep</p> <p>fall asleep ok for the most part. but wake. sometimes just get up and do washing or scroll on phone</p>
Exercise - Relax	<p>not exercising atm, so busy running kids around</p> <p>sit alot in job</p>
Signs - Markers	
FINDINGS - ASSESSMENT	<p>look at sleep architecture/hygiene</p>

need to push down cortisol through the day, regular protein (midday cortisol - hypoglycaemia)  
increase melatonin  
adrenally challenged --> adrenal tonics --> DHEA  
adaptogens, wired but tired  
Methylation\* - oestrogen  
increase progesterone  
pain and inflammation  
  
support metabolic syndrome.  
  
gall bladder- bile support for bowel  
  
avoid Folic acid

Pathology Requested

Rx - PROTOCOL

herbal 210mls  
Rehmannia 80  
licorice 60  
Passionflower 90  
Withania 80  
tongkat ali 100  
Dandelion root 90  
9mls bd  
  
L-Phase - 1 bd  
Resist X advanced -1 bd/metabol  
Magtaur xcell - 1 scoop --> alkamin calm  
Gut-R  
S.Bifido - 1  
NAC  
melatonin (10days worth)

DIET - LIFESTYLE PLAN

*Gluten-free*  
  
*Reversing Insulin Resistance,*  
  
Yoga mornings  
  
Sunshine ☀ daily  
  
Colonics – Bottoms up  
  
need to implement some exercise

<b>Record - Complete</b>	
<input type="checkbox"/> Blood Glucose	<input type="checkbox"/> PH
<input type="checkbox"/> Symptothermal Charting	<input type="checkbox"/> HAQ
<input checked="" type="checkbox"/> Diet & Symptoms	<input type="checkbox"/> Basal Body Temperature
<input type="checkbox"/> Mood Appraisal	<input type="checkbox"/> Blood Pressure
<b>Review - Next Visit</b>	
lipids	
add fibre? improve bowel elimination	
streamline protocol	

<b>Initial Consultation</b>	
<b>Practitioner:</b> Nicole Chester	
<b>Appointment:</b> 12 Sep 2024, 10:30AM	
<b>Created:</b> 12 Sep 2024, 10:03AM	
<b>Last updated:</b> 11 Oct 2024, 8:36AM	
<b>NDFV</b>	
<b>Age</b>	39
<b>Status</b>	married to Lee
<b>Emergency contact</b>	Lee- 0410 539 119
<b>Children</b>	4 children ages - 17, 14, 12, 3yrs
<b>Occupation Past - present</b>	centre manager in the day car, sit alot on the computer
	37 hrs/wk , 8.30-4.30
	enjoy it, cruisy as well, cruisy, husband
<b>Pregnant - Breast-feeding</b>	No
<b>Height - Weight</b>	170cm 127kg
<b>PRESENT COMPLAINT</b>	Struggle to lose weight
	My stomach feels saggy, yuk
	constipation, incomplete, irregular bowel
	<b>This morning first time been to the toilet in a week</b>
	<b>need sugar after food, 3 pm sugar cravings</b>
	<b>increased hunger, swollen everywhere</b>
	<b>brain fog, bloated no energy</b>
	PMS - periods 4 day bleed no heavy flooding, but clots

	<p><b>irregular cycle</b></p> <p>23-25 shorter, last 24 days</p> <p>cycle varies mostly from 24-33 days</p> <p>hot and cold flushes.</p> <p>bruise easily, and fast with the smallest knocks</p> <p>have had iron infusions before</p>
<b>Other care - GP - Specialist</b>	<p>regular GP</p>
<b>Pathology</b>	<p>bloods June 24</p> <p><b>BG 5.5</b></p> <p>TG 0.9</p> <p><b>Urea 6.2</b></p> <p><b>urate 0.404</b></p> <p><b>creatinine 78</b></p> <p><b>Hb - 125</b></p> <p><b>iron 7</b></p> <p><b>ferritin 48</b></p> <p><b>Iron, B12, and ferritin all struggled for many years</b></p> <p><b>TSH 1.0 (has been low in the past 0-4 - 0.7)</b></p> <p><b>T4 10.9</b></p> <p><b>WBC</b></p> <p><b>N- 5.18</b></p> <p><b>L- 1.71</b></p> <p><b>M-0.43</b></p> <p><b>E 0.22</b></p> <p><b>B 0.07</b></p> <p><b>GGT 19</b></p> <p><b>CRP high in past</b></p> <p><b>cholest 5.6</b></p> <p><b>HbA1c - 5.3</b></p>
<b>Past Complaints</b>	
<b>Medical Hx</b>	<p>2009 - lapband, fell pregnant 4 weeks later, had removed. didn't feel well</p> <p>3 cesareans - got stuck first time, last two, opted for caesarian due to initial issue</p> <p>pin in foot</p>

varicose veins

### Family Hx

sisters are all skinny, beautiful,  
good fat metabolism

Mum and dad, normal, not obese,  
mum - thyroid, on thyroxine

Dad- heart attack'  
Grandmother - cervical cancer

grandfather - diabetes tpe II

### Current symptoms - HAQ

Excess burping, foods sits, bad breath, stomach pain burning, upper and lower abdominal cramps, excessive, nausea, vomiting, constipation\*, sensation of incomplete empty, mucus stools, red blood, dark or black colour patches, rectal pain, anal itching, abdominal pain under ribs, fatty food causes in digestion, Unexplained itchy skin, yellow cast to skin eyes, dark coloured urine, Malaise, weakness, fluid retention, easy bruising/bleeding gums, dry skin or hair, fatigue, feel cold intolerance, feel hot intolerance, sweaty, puffy face hands feet, unintentional weight gain or weight loss, Swelling or tightness in the front of neck, low mood, low libido, heavier more frequent periods. fatigue or notable weakness in limbs, visual disturbance starings, feel stressed nervous, mood swings, difficult concentration, feel stimulants need stimulants, fatigue after a stressful day, find it hard to get up in the morning, difficulty staying awake during the day, nausea or dizziness, abdominal bloating, breast tenderness , depressed anxious, diarrhoea or constipation, headaches/migraines, food cravings bingeing eating, fluid retention, feel aggressive/suicidal, irregular periods intervals between periods, painful periods, rectal pressure, light blood flow, larger blood clots, heavy blood flow or flooding, Mines become heavier or lighter and flow, dry skin/hair, Hot flushes night sweats, increase facial hair upper lip\* escaping meals causes sweating palpitations, poor concentration, feel agitated, excessive frequent urination, increase thirst, fatigue drowsiness, blood vision, profuse sweating, dizziness when standing, unintentional weight loss/weight gain, history of inflamed throat, scratchy throat, mouth ulcers, wounds heal slowly, excessive loss of hair, swollen glands, migraine, headaches, sensitivity to light, sneezing, coughing wheezing, lower back pain, urgency of urination, bloody cloudy urine, in frequent urination, prolonged recovery after exercise, live exercise tolerance, difficult things straight, easy bruising/bleeding, restless legs at night, wheezing, swelling feet ankles, cold extremities pricking tingling sensations hands and feet, bone tender and pain achy, lower back hip pain, difficulty walking with a limp, muscle tightness tension, creaking, noisy joints, difficulties standing from seated position, lightheadedness fainting copper, numbness, pins and needles in limbs\*, falling asleep, difficulty staying asleep, find a difficult to keep still or fidgety, short attention span, mental confusion sluggishness, dandruff fungal infections,

<b>Medication</b>	<p>no medications</p> <p>ozempic for weight loss</p> <p>feb-2 months ago --&gt; nausea</p>
<b>Supplements</b>	no supplements
<b>Current Diet - Fluid Intake</b>	<p>dinner 7pm</p> <p>5.50am -600ml water</p> <p>Bf - no BF, coffee</p> <p>trying to fast...</p> <p>10am - 2 eggs, capsicum, mushroom, cut into 4</p> <p>12.30 - 500gms chicken, salad, no flavouring</p> <p>want sweet from vending machine, kinder chocolate, lindt ball, stimulate craving for more</p> <p>after 3pm - starving at 5pm,</p> <p>picking jatz, capsicum, carrot, love fruit and veg, ccucumber sticks</p> <p>dinner -- red eat, fish chicken, veggies</p> <p>chicken snitx, potato bake, corn</p> <p>last night beef stirfry, sauces , hokkien noodles/rice</p> <p>fish and salad, chicken or beef burgers, no bun for me.</p> <p>steak and veg/salad</p> <p>no pasta , hubby hates</p> <p>hungry all day, smells of food at work, fast until 12-1pm, 8 kilos.</p>
<b>Toxic Burden - Alcohol - Drug Use</b>	
<b>Stress - Trauma</b>	
<b>Sleep - Vitality</b>	
<b>Exercise - Relax</b>	
<b>Signs - Markers</b>	
<b>Allergies</b>	
<b>FINDINGS - ASSESSMENT</b>	<p>multifaceted condition.</p> <p>all endocrine involved. mostly hormone drive. Suspect PCOS spectrum.</p> <p>low b12, iron, magnesium, chromium, zinc?</p> <p><b>treat gut, improve elimination **</b></p> <p>need further insight into the thyroid? AI? has all the symptoms of low thyroid but TSH presents as hyperthyroid</p>

	suspect MTHFR and other polymorphisms
	blood glucose deregulation/ insulin resistance
Pathology Requested	Blood work -Full bloods to include liver enzymes, electrolytes, kidney markers, fasting Blood glucose & Insulin, triglycerides, lipids, full iron Studies, B12, folate + vitamin D, Zinc  DUTCH test, MTHFR, full thyroid
Rx - PROTOCOL	herbal 210mls chaste tree 20 Paeonia 60 schisnadra 50 Licorice 30 Globe Artochoke 50 7.5mls bd  Resist X advanced -1 bd Magtaur xcell - 1 scoop NAC S.Bifido biotic 1 bd Gut -R - 1 scoop
DIET - LIFESTYLE PLAN	<i>Gluten-free</i>  <i>Reversing Insulin Resistance,</i>  Sunshine ☼ daily  Colonics – Bottoms up – Nerang (Sussi) weekly for 3 weeks, then fortnightly
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	post pathology results drop CHO further

Patient Forms

There are no patient forms for Ms Haylee Macken.