

Lauren Benson

DOB 6 Dec 1993

Appointments

Date	Time	Type	Practitioner
13 Dec 2023	4:00PM – 5:00PM	Repeat Visit Naturopathic (30 mins)	Nicole Chester
1 Aug 2023	12:00PM – 1:15PM	Second Visit or Long Repeat Naturopathic (45 mins)	Nicole Chester
15 Jun 2023	12:45PM – 2:00PM	Initial Naturopathic (75 mins)	Nicole Chester

Treatment Notes

Follow Up Consultation

Practitioner: Nicole Chester
Appointment: 13 Dec 2023, 4:00PM
Created: 13 Dec 2023, 3:53PM
Last updated: 22 Dec 2023, 1:48PM

NDRV

PROGRESS

Went to France for 3 weeks, feel likes its just a memory -- My husbands team got knocked out in the firts round, so was happy could hang out with him more

Husband Back full-time now, been a readjustment again

health been. been ok, been feeling bit shit lately, no period since late September, maybe the travel, feeling flat. really sluggish, worse than normal. bloated, bad circulation, oedema. holding lots of water.

Skin really dull and some outbreaks

weird stabling pains, ovulation pain

do have hair on the upper lip, but fairer. so don't notice too much.

Libido/mood still low.

not subjectively stressed -- comes out as anxiety

still get bloated.

occasionally get hangry if miss meals. Try not to have coffee on empty stomach

	lower back pain, went to get a massage, which was a mistake as feel worse now.
	was suggested to me to get a Dutch test.
Pathology	no recent
Medication - Supplements	out of herbs and supps
Current Diet - Fluid Intake	been pretty good.
Sleep - Vitality	sleep. harder to get up earlier.
	fatigued. in afternoon feel tired.
	frustrated with back , not been able to do anything.
Exercise - Relax	not alot with back issues atm.
Signs - Markers	
FINDINGS - ASSESSMENT	time to delve further with full bloods.
	Feel hormones all low. seek what can from GP, the look at further Functional testing if needed.
	continue to work on gut/SIBO/ Blasto hominis, as unlikely to have bee irradiated. pepleat B vitamins and magnesium
Pathology Requested	Full bloods to include liver enzymes, lipids, triglycerides, Thyroid, full blood count, full iron studies, (iron, ferritin, B12, folate) fasting blood glucose, fasting insulin, Full hormone profile (LH, FSH, prolactin, oestrogen, progesterone, testosterone, Sex hormone binding globulin) zinc, coeliac
Rx - PROTOCOL	MagTaur Xcell - 1scoop od S.Bifido - 1 bs
DIET - LIFESTYLE PLAN	Avoid all gluten, dairy, oats and sugar
	Garlic protocol few days each week until next appointment
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"/> Basal Body Temperature</div> <div><input type="checkbox"/> Blood Presuure</div> <div><input type="checkbox"/> HAQ</div> <div><input type="checkbox"/> Mood Appraisal</div>
Review - Next Visit	consider SAME, more adrenal nourshing herbs. DHEA? gut repair powder.

bactocand GI/pomegranate

appt 2- 4 weeks post blood work

Herbal/Supplement repeat

Practitioner: Nicole Chester
Created: 31 Aug 2023, 7:01AM
Last updated: 31 Aug 2023, 10:24AM

Herbal/Supplement	Herbal 520
	chaste tree 20
	Paeonia 80
	Withania 70
	Gentian 40
	St John Wort 90
	Ginkgo 50
	Pomegranate 90
	barberry 80
	10mls bd
	\$124

Follow Up Consultation

Practitioner: Nicole Chester
Appointment: 1 Aug 2023, 12:00PM
Created: 1 Aug 2023, 12:02PM
Last updated: 2 Aug 2023, 7:42AM

NDRV

PROGRESS	faecal test for blood - was all normal
	Gut been better, gut down on no added sugar and chocolate, and that helps
	haven't had any chewing gum for 2 weeks. feel that was a part of the symptoms.
	take ACV, go for a walk, and have coffee, activated my bowel --> loose
	energy has improved. more regulated/balanced.
	been better with regular meals, have a larger meal 9.30-10am , 2-3 mini-meals and then dinner
	had a period since the last time i was here, and due again in 4 days, and can feel symptoms, so feel like it's coming.

like i mentioned in my email, no cystic outbreaks, except some mid-cycle cystic that really were sore and inflamed. but skin has been better overall.

anxiety has been better for sure. was bad after the last period, but overall alot less anxiety.

circulation bit better too, some days have bad days for no apparent reason but seems better

when i am gassy its because I'm eating things that don't agree with me.
onion, cauliflower etc

memory has been better, feel more mentally alert

mood way better, tied into the anxiety.since started taking herbs and supplements, have become more mindful and added meditation etc. its all helping

did still get very sad before last period.

Pathology	iron 15, ferritin 55, B12 824, folate 38, Blastocystis hominins + TSH 1.0, free T4 12.2
Medication - Supplements	none
Current Diet - Fluid Intake	been eating better with protein and regular meals, more water
Sleep - Vitality	sleep is great, always good. can wake to pee as been drinking more water, but straight back to sleep
Exercise - Relax	walking work is stressful and busy at the moment
Signs - Markers	look, fresher, skin still has some breakouts but looking happier, but still room for improvement.
FINDINGS - ASSESSMENT	FODmaps seem to upset. a need for increased HCL. Positive for blasto, will need some treatment to keep numbers down, could be the driver behind random gut upsets. endocrine seems to be balancing out, TSH and free t4, not optimal, and thyroid seems to be running on the hotter side. but not alarmingly an issue. check on the next bloods, as may continue to improve as endocrine becomes more stable.
Pathology Requested	

Rx - PROTOCOL	<p>continue with current herbs.</p> <p>adjust protocol to add in blasto treatment, and herbs to increase stomach acid</p> <p>Herbal 520</p> <p>chaste tree 20</p> <p>Paeonia 80</p> <p>Withania 70</p> <p>Gentian 50</p> <p>St johns wort 90</p> <p>Ginkgo 60</p> <p>Pomegranate 90</p> <p>Myrrh 60</p> <p>10mls bd</p> <p>Mag taur Xcell - 1 scoop</p> <p>Gut - R - 1 scoop</p> <p>S.bifido biotic alternate with Bactocand GI - 1 bd</p>
DIET - LIFESTYLE PLAN	<p>continue as previous</p>
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"/> Basal Body Temperature</div> <div><input type="checkbox"/> Blood Presuure</div> <div><input type="checkbox"/> HAQ</div> <div><input checked="" type="checkbox"/> Mood Appraisal</div>
Review - Next Visit	<p>add in probiotics</p> <p>garlic protocol</p> <p>add depuratives to herbal if skin not clearing</p>

Herbal/Supplement repeat	
<p>Practitioner: Nicole Chester</p> <p>Created: 25 Jul 2023, 6:43AM</p> <p>Last updated: 25 Jul 2023, 7:00AM</p>	
Herbal/Supplement	<p>Herbal 210mls</p> <p>chaste tree 30</p> <p>Withania 40</p> <p>iberis 30</p> <p>st johns wort 50</p> <p>ginkgo 30</p> <p>liquorice 30</p> <p>8mls bd</p> <p>\$58</p>

Initial Consultation

Practitioner: Nicole Chester
Appointment: 15 Jun 2023, 12:45PM
Created: 15 Jun 2023, 12:48PM
Last updated: 16 Jun 2023, 7:38PM

NDFV

Age	29
Status	married
Emergency contact	Marty - 0438029048
Children	no
Occupation Past - present	lawyer, - government - indigenous area, litigation etc
Pregnant - Breast-feeding	No
Height - Weight	172H, high 50's-60's, try not to weigh myself

PRESENT COMPLAINT

main ones -- not actively trying to get pregnant, but have Hx of eating disorders and concerned with what fertility might look like given my battle with eating disorders and my cycle being absent for months and years at a time. want to prime my body for pregnancy.

anorexia and bulimia started around 15-16yrs years of age and went for 10-13 yrs. lowest weight when 19yrs at 48kg

In recovery, occasion slip-ups. best I've been in 15 years.

CBT - cognitive behavioural therapy with a psychologist. over the years tried different things. self-image thing, my sister has too. parents that were fixated, who were fat phobic. has affected my outlook on life.

Hx of laxative abuse

Circulation is terrible, blue feet, red and swollen at night.

anxiety level - I think depression and anxiety, on anti-depressants before, peaks and troughs, feeling of dread atm. think about the trials and tribulations of life. my inner voice. really can catastrophize everything.

with food, i like to plate it myself. like to have control over that, but not really OCD with counting or checking doors etc

haven't had a period since March/April this year. didn't have for 8 years or so

moved from Kingscliff, then Canberra, and just bought a place in Tugun. partner works

away alot for quite often long periods of time

can get sweating from anxiety, and more breathlessness, not so much chest pain

GUT - altern constipation/diarrhoea, gassy and bloating.

haven't noticed recently the last couple of years every now - darker patches in stools

mucus in stools. 1 every 3 months approx.

memory has gotten worse. feel ike my ability to retain has gone worse.

headaches - from neck tension

hard to regulate emotions extremes of sad around period, or get irritated.

suicidal thought, but would never do it, more recent

iron has been good for a while now, eat red meat

flushes tied to anxiety sweaty sleep,
feel the cold. and moments of feeling hot

Other care - GP - Specialist	had acupuncturist in Canberra.used TCM herbs
Pathology	none recent
Past Complaints	
Medical Hx	anorexia, bulimia - 10-13yrs form the age of 15
Family Hx	my mum's parents were adopted. so not a lot of medical Hx
Current symptoms - HAQ	Gut - indigestion, food sits, gas, bloat, stomach pain/burn, some foods aggravated, black tarry stools darker patches on occasion, lower cramps, Altern cons tip/diarrhoea, undigested food in stools. incomplete empty, narrow stools, mucus in stools occasionally, rectal cramps, fatty foods upset, but don't really eat, yellow cast to eyes, clay-coloured stools, malaise, weakness, bruise/bleed gums, dry skin and hair, fatigue, cold intolerance, puffy, changes in weight, low mood and libido, weak limbs, nervous, irritability, starring gaze, **all adrenal symptoms**, PMS-depression anxiety, bloat, breast tenderness, constipation/diarrhoea, headache, fluid, clumsy, low mood. **irregular/absent periods**, pain, pelvic pressure, light blood

	flow, dry skin/vag, flushes at times, large clots, absence of periods, painful intercourse at times. dysglycaemia, scratchy throat, mouth ulcers, wounds slow to heal, hair loss.
Medication	nothing
Supplements	greens and collagen
Current Diet - Fluid Intake	<p>Don't really eat pasta, try not to eat carbs, and feel sick. not sure f its in my head. sourdough sits in the stomach</p> <p>apple cider vinegar -</p> <p>BF- later in morning, smoothie with berries, yoghurt, zucchini, coconut water, collagen, green powder, protein sometimes,</p> <p>salad with boiled egg/chicken/fish or yoghurt and shredded coconut</p> <p>midmorning -- drink way too much coffee - decaf coffee,</p> <p>4/daily, 2-3 /daily. caffeine can make anxiety worse. it depends on the baseline. maybe fruit, sometimes nothing</p> <p>lunch - protein and vege with rice/salad with protein</p> <p>mid - arvo - no added sugar- be well</p> <p>dinner - protein with vege or salt/rice, rice cows cows</p>
Toxic Burden - Alcohol - Drug Use	<p>exposure to toxins -- everyday stuff</p> <p>like alcohol - gotten way better. will drink most days and then not drink for a month. before the wedding not drinking at all. honeymoon. felt like shit.</p> <p>marijuana - still to this day. in past but not for a while.</p> <p>coupe times a week i the evening. relaxes me</p>
Stress - Trauma	<p>nothing should be stressing me. parents getting ill.</p> <p>catastrophisers everything</p>
Sleep - Vitality	<p>morning energy levels are good.</p> <p>mid-morning can crash. bit of both after eat. waves of high motivation</p>
Exercise - Relax	pliares, walking/jogging.
Signs - Markers	acne - jawline
Allergies	
FINDINGS - ASSESSMENT	always been anxious. needing methylation support. suspect low zinc and even pyrrole? -

	<p>-> Look further at this next time.</p> <p>balance endocrine, encourage menses and regulate the cycle. support adoption to stress and mood elevation.</p> <p>improve nutrient status - magnesium, activated B's</p> <p>improve microbiome balance and gut health, elimination.</p> <p>look at endothelial support, building blocks to regeneration with possible damage during the long phase of eating disorders.</p>
Pathology Requested	full bloods, zinc, b12, folate, iron
Rx - PROTOCOL	<p>Herbal 420mls</p> <p>chaste tree 30</p> <p>Withania 70</p> <p>iberis 50</p> <p>st johns wort 80</p> <p>ginkgo 60</p> <p>liquorice 50</p> <p>0mls bd</p> <p>\$105</p> <p>mag taur Xcell - 1 scoop</p> <p>S.bifido biotic - 1 bd</p>
DIET - LIFESTYLE PLAN	<p>aim for 4 meals to keep blood sugar stable</p> <p>reduce coffee gradually</p> <p>sunshine daily before 9am</p> <p>increase water</p>
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 checked="" type="checkbox"/> Mood Appraisal</div> <div><input type="checkbox"/> Blood Presuure</div>
Review - Next Visit	consider SAME, add pomegranate.

Patient Forms

There are no patient forms for Lauren Benson.