



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

PATIENT MOTIVATION PROFILE – FEMALE

Date 07/04/21
Name Madi Gillespie D.O.B 24/02/1996
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Occupation (current &/or previous) Recruiter
Who do you live with? Partner (Ben)
Referred by _____

Other specialists being seen

(e.g. GP, gynaecologist, endocrinologist, natural therapist, Chinese herbalist, etc – please list names and contact details)

Danielle Shirley - NatroPath

Michelle Davey - Phsycologist

Dr Andrew Peng - Gyne

Prof Andrew Korda - Gyne (don't see him anymore bad doc)

Dr Jeffrey McDonald- GP

Olivia Clarke - Pelvic Physio

Current health goals and/or concerns

1. Gather more information to beat Endo

2. _____

3. _____

Please list any other pre-diagnosed health conditions

Only things related to Endo

Allergies, recurrent UTIs and Thrust loop, bad immunity

Note: From changes in diet and with Danielles herbs I don't get UTIs anymore or general colds and flu



Current allergies (food, environmental, medication, etc)

Allergy test 5 years ago indicated Corn, Tomato, Rice, Sage and Orange. But recent gut test (results attached) said I was fine with Tomato, brown rice, sage and orange but avoid Almonds, Blueberry, Broccoli, brussels, cabbage, cashews, cauliflower, crab, egg yolk, goat, mustard greens, prunes, spinach and trout

Current diet (please list food you regularly eat/ foods you avoid/ foods you do not like or react to; how much water you drink and if it is filtered or tap)

I follow the list from Viome, but breakfast is usually Avo on Paleo Seeded bread with lemon salt & pep
alfafa sprouts and rocket. Lunch is Turkey pasta with zucchini, tomatoes, capsicum, basil. Dinner is steak and
salad or meatballs and brown rice pasta, or chicken and veg dish or Fish and Veg/salad

Please list any medications and/or supplements you are currently taking, including the reason for taking them, brand names and quantities/ dosages

OestoClear - Orthoplex - x1 morning and night	Xativa CBD perscription - 75mg p/day
ProgestaLift - Orthoplex x1 morning	PEA -Biomedica - 500mg p/day
Omega Ease - BioMedica - x2 morning and night	GI-Restore - Biomedica - 7.5g p/day
Buffered Mag Glycinate - Spectrum Ceuticals - x2 morning & x2 lunch	BioMatrix - Biomedica - 12g p/day
Somni Support - Bioclinic naturals - x2 at night	PhytoZyme - Biomedica - x1 capsule before food
Ellura - x1 at night	morning and night

HEALTH HISTORY

FAMILY HEALTH HISTORY

Please list your family health history below, citing the condition and relevant family member (please note also if they died from the illness)

Small lung cell cancer -Died 76 mums side

Lung Cancer - Grandpa dads side don't know much about

Aunty just had hysterectomy but not sure why she was never diagnosed with Endo but she doesn't have access to good healthcare

Grandma at age 25 got Ovarian Cancer and had hysterectomy

Please chronologically list your health history timeline from birth to now, citing the approximate date, condition/diagnosis and treatment (including surgeries if applicable)

E.g. 2001 Hypothyroidism – prescribed thyroxine 30mg/daily which I continue to take;

E.g 2012 Endometriosis – laparoscopy, no treatment post-surgery.

Surgery at age 14 to remove piece of skin as tampon got stuck - nothing major

17 - complained about heavy periods and pain - got perscribed Yasmin for 3 months and was incredibly nauseous, then Zooely for about a year after that. Seemed to be fine but I don't recall something must of been wrong for me to want to try implanon

Implanon for 3 years no issues (other than recurring UTI's, bad immunity, chronic headaches), Got it changed then fine for about a year, then I wanted to be on no hormones for better health, can't remember what happened in this time but something urged me to try Mirena (maybe for pain), tried it, was in Agony, felt it wasn't in right spot, got it taken out after 2 months, then back on implanon.then I started spotting everyday for 4 months and having increased painful sex then my partner said I should get checked for endo the specialist told me to go off implanon to see how I was for 6 months, I was crawling in pain back into his office after 1 month, operated on 11/03/20 (report attached to email), he put me on mirena, gave it 4 months and was in agony again, got it taken out and been on nothing since.

GENERAL HEALTH

Please put a 'Y' in the box if you current suffer from any of the following

Please put a 'X' in the box if you have experienced this problem in the past

GASTROINTESTINAL		RESPIRATORY		ENDOCRINE	
Constipation	up and down	Shortness of breath		Hyperthyroidism	potentially
Diarrhea		Asthma		Hypothyroidism	
Bloating	sometimes	Regular cough		Adrenal dysfunction	
Flatulence		Sinus/nasal congestion		Diabetes I	
Indigestion		Post-nasal drip		Diabetes II	
Acid reflux/ heartburn		Hay fever		Weight loss	
Worms/parasites		Allergies	yes	Weight gain	
SIBO					
Polyps		NERVOUS		HAEMATOLOGY	
Bad breath		Adrenal fatigue		Anemia (Iron)	
Mucous in stool		Chronic fatigue	yes	Anemia (B12)	
Blood in stool		Poor memory		Haemochromatosis	
Food in stool		Poor concentration		Easily bruised	yes
Itchy anus		Brain fog	yes	Frequent nose bleeds	
Laxative use		ADD/ ADHD			
Haemmoroids		Learning difficulties		URINARY/ KIDNEY	
		Pins/needles		Kidney infection	
CARDIOVASCULAR		Headaches	yes	Kidney pain	
High blood pressure		Migraines	yes	Frequent urination	yes
Low blood pressure		Tinnitus		Dark urine	
Metabolic syndrome				White froth in urine	
High cholesterol		IMMUNE		Get up for toilet during the night	yes
Heart attack		Frequent colds/ flu/virus		Urinary Tract infection (UTI)	
Heart murmur		EBV/ Glandular fever		Cystitis	
Angina		Autoimmunity		Incontinence	yes
Arrhythmia		Cancer		Extreme thirst	yes
Poor circulation		HIV	non 16/18 for 2 years		
Cold feet		Thrush/candida	yes	LIVER/ GALLBLADDER	
Cold hands		Swollen glands		Hepatitis	
Dizziness		Cold sores		Fatty liver disease	
Varicose veins		Styes		Issue digesting fat	
				Sticky/mushy stool	
HAIR		NAILS		Gallbladder removal	
Increased loss	yes	Brittle		Poor alcohol tolerance	
Poor quality	yes	Vertical ridges		Weight gain	
Oily	yes	Split easily	yes		
Dry		Soft			
Dandruff					

SKIN		FEMALE REPRO		TRAUMA	
Dry	yes	Abnormal pap smear	non 16/18 for 2 years	Physical abuse	
Oily		Adenomyosis		Sexual abuse	
Rough		Amenorrhea (absent period)		Verbal abuse	
Itching		Anovulation		Broken bones	
Acne		Break thru bleeding		Head trauma	
Psoriasis	if drink	Breast lumps (benign)		Accidents	
Eczema		Contraceptive Pill		Divorce	
Dermatitis		Cystitis		Death of loved one	
Offensive odour		Ectopic pregnancy		Bankruptcy	
Poor wound healing		Endometriosis	yes	Natural Disaster	
		Fallopian tube issues		Other	
SLEEP QUALITY		Fibroids			
Issues falling asleep		Flooding		EMOTIONS	
Issues staying asleep		Genital Herpes		Depression	
Vivid dreams	yes	Genital Ulcers		Anxiety	yes
Nightmares		Genital warts/ HPV		Panic attacks	
Snoring		Genito-urinary infections		Mood swings	yes
Sweating		Gynecological cancer		Irritability	
Wake up hungry		Infertility		Chronic stress	yes
Wake up tired		Irregular periods	yes	Anger	
Excessive grinding	yes	IUD/Mirena		Cranky skipping meals	
ENERGY		Low libido		Looping/ OCD	
Good energy		Malformed womb		Phobias	
Poor energy		Miscarriage			
Need caffeine regularly		Ovarian Cysts		TOXIN EXPOSURE	
Energised at night		Ovulation pain	yes	Cigarettes	
Post exercise fatigue		Pain on intercourse	yes	e-Cigarettes	
Malaise		Painful periods	yes	Passive smoke	
		PCOS		Damp in home/work	maybe
MUSCULOSKELETAL		Pelvic Inflammatory disease (PID)		Recreational drugs	
Cramps		PMS	yes	Alcohol	
Pins/needles	yes	Smelly discharge		Chlorine pools	
Injury		Tender breasts	yes	Garden pesticides	
Arthritis		Vaginal burning/irritation		Fluoridated toothpaste	
Osteoporosis/Osteopenia		Vaginal thrush	yes	Tap water	
Disc issues		Vaginitis		Non-organic meat	
Back pain	yes			Processed/deli meats	
Shoulder/neck pain	yes			Antibiotics	was on for many years
Joint pain/ stiffness				Amalgam fillings	
				Non-organic skin care	
				Non-organic make up	
				Mainstream deodorants	
				Regular vaccinations	
				Glues/fume/chemical/ gas exposure at work	

