



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

PATIENT MOTIVATION PROFILE – FEMALE

Date Feb 14th, 2022
Name Britney Robson D.O.B Sept 10, 1987
Address 6 Watkins road, Avalon Beach
Phone No 0404 404 095 Email Britneykrobson@gmail.com
Occupation (current &/or previous) Hair stylist & colorist/ business owner
Who do you live with? _____
Referred by Emma Berry

Other specialists being seen

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

Reproductive immunologist - Dr. Gamal Matthias 02 9709 4700
Alyce Cimino - Naturopath 0407 013 991
Acupuncturist - chloe player 02 8406 0679

Current health goals and/or concerns

- Keep inflammation down and health optimal for a healthy pregnancy
- Keep endometriosis from growing back
- _____

Please list any other pre-diagnosed health conditions

Sibo, endometriosis, MTHFR

Current allergies (food, environmental, medication, etc)

Dairy, gluten, sensitive to chemicals

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)

Min 2 liters of filtered water everyday

I stay away from dairy, gluten and processed foods

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

NAC

NAD +

Ubiquinol

Naturopath prenatal

B12 spray

Vitamin D spray

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)

Mom - gut issues, still born at 7 months, poor digestion, high cholesterol

Mom's mom - uterine cancer, breast cancer, autoimmune disorder

Dad's mom - possible endometriosis, problems with miscarriage and carrying

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.

Tonsillectomy - 2011

Lipoma removal on my side rib cage - 2019

D & C July 2021

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	✓	Shortness of breath		Hyperthyroidism	
Diarrhea		Asthma		Hypothyroidism	
Bloating	✓	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		Weight gain	
SIBO	✓				
Polyps		NERVOUS		HAEMATOLOGY	
Bad breath		Adrenal fatigue		Anemia (Iron)	
Mucous in stool		Chronic fatigue	✓	Anemia (B12)	
Blood in stool		Poor memory		Haemochromatosis	
Food in stool	✓	Poor concentration	✓	Easily bruised	✓
Itchy anus		Brain fog	✓	Frequent nose bleeds	
Laxative use		ADD/ ADHD			
Haemmoroids		Learning difficulties		URINARY/ KIDNEY	
		Pins/needles		Kidney infection	
CARDIOVASCULAR		Headaches		Kidney pain	
High blood pressure		Migraines		Frequent urination	✓
Low blood pressure		Tinnitus		Dark urine	
Metabolic syndrome				White froth in urine	
High cholesterol		IMMUNE		Get up for toilet during the night	
Heart attack		Frequent colds/ flu/virus		Urinary Tract infection (UTI)	
Heart murmur		EBV/ Glandular fever		Cystitis	
Angina		Autoimmunity	✓	Incontinence	
Arrhythmia		Cancer		Extreme thirst	
Poor circulation	✓	HIV			
Cold feet	✓	Thrush/candida		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		Brittle		Poor alcohol tolerance	✓
Poor quality		Vertical ridges		Weight gain	✓
Oily		Split easily			
Dry		Soft			
Dandruff					

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

