



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

PATIENT MOTIVATION PROFILE – FEMALE

Date 20-Mar-22
Name Emma Carlon D.O.B 6/12/91
Address 6/39 Laura St Newtown 2042
Phone No 0481010320 Email carlon@live.com.au
Occupation (current &/or previous) Assistant
Who do you live with? Roomate
Referred by Dr Swaraj

Other specialists being seen

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

Endocrinologist, Chinese medicine- Daniel Deng , seen naturopath in the
past, psychiatrist- Dr Chuck Woods

Current health goals and/or concerns

1. My main issues are

21) Cognitive problems - cant concentrate, cant focus, I slur my words at times. I
know Im on the spectrum of inattentive ADD. I tired the stimulants but they made
me too anxious
3.
2) Chronic fatigue. Its in remission at the moment. I get faint and dizzy at times
3) Terrible anxiety, hair loss, low sex drive, discharge

Please list any other pre-diagnosed health conditions

Current allergies (food, environmental, medication, etc)

Gluten, dairy, hair dye

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)

Waters Co jug- 2.2 Litre per day

No gluten dairy, grains, legumes,

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

*Doctors best COQ10 300mg, curcumin 2000mg, chlorophyll 1 cap, vit d 10000,
zinc,
Occasionally- Maca, iron, Gabba, Magnesium, Nordic naturals fish oil,
Vit C*

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)

Both grandparents- thyroid problems (overactive)

Mother- under active thyroid

Older sister- under active thyroid

Father- nephrotic syndrome

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.

Tonsil and adoids out at 6 years old

Sinus surgery- around 21 years old

Always had problems with fatigue

Psoriasis as a child baby to 13

Mirena fitted approx 24 years old to stop hemorrhagic periods

Started velfaxen drug- 25 years to 27 years

Started Valdoxan 6 weeks ago

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	
		Headaches		Kidney pain	
CARDIOVASCULAR		Migraines		Frequent urination	
High blood pressure	✓	Tinnitus		Dark urine	
Low blood pressure				White froth in urine	✓
Metabolic syndrome					
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	
				Gallbladder removal	
HAIR		NAILS		Poor alcohol tolerance	✓
Increased loss	✓	Brittle		Weight gain	
Poor quality		Vertical ridges	✓		
Oily		Split easily			
Dry	✓	Soft			
Dandruff					

SKIN		FEMALE REPRO		TRAUMA	
Dry	<i>Dry</i>	Abnormal pap smear		Physical abuse	<i>Yes</i>
Oily		Adenomyosis		Sexual abuse	
Rough	<i>Yes</i>	Amenorrhea (absent period)	<i>Sometimes</i>	Verbal abuse	
Itching	<i>On arms</i>	Anovulation		Broken bones	
Acne	<i>In puberty-no longer</i>	Break thru bleeding	<i>Sometimes</i>	Head trauma	
Psoriasis		Breast lumps (benign)		Accidents	
Eczema		Contraceptive Pill		Divorce	
Dermatitis		Cystitis		Death of loved one	
Offensive odour	<i>Yes</i>	Ectopic pregnancy		Bankruptcy	
Poor wound healing	<i>Yes</i>	Endometriosis		Natural Disaster	
		Fallopian tube issues		Other	<i>Family abuse-situation</i>
SLEEP QUALITY		Fibroids	<i>Yes</i>		
Issues falling asleep		Flooding	<i>Yes</i>	EMOTIONS	
Issues staying asleep		Genital Herpes		Depression	
Vivid dreams		Genital Ulcers		Anxiety	<i>Yes</i>
Nightmares		Genital warts/ HPV		Panic attacks	
Snoring		Genito-urinary infections		Mood swings	
Sweating	<i>✓</i>	Gynecological cancer		Irritability	
Wake up hungry	<i>Yes</i>	Infertility		Chronic stress	
Wake up tired	<i>Yes</i>	Irregular periods		Anger	<i>Yes</i>
		IUD/Mirena	<i>5 years-removed 2019</i>	Drunk skipping meals	
ENERGY		Low libido	<i>Constantly</i>	Looping/ OCD	<i>Yes</i>
Good energy		Malformed womb		Phobias	
Poor energy	<i>Yes</i>	Miscarriage			
Need caffeine regularly	<i>Yes</i>	Ovarian Cysts		TOXIN EXPOSURE	
Energised at night		Ovulation pain	<i>Yes</i>	Cigarettes	
Post exercise fatigue	<i>Yes</i>	Pain on intercourse		e-Cigarettes	
Malaise		Painful periods		Passive smoke	
		PCOS		Damp in home/work	
MUSCULOSKELETAL		Pelvic Inflammatory disease (PID)		Recreational drugs	
Cramps	<i>Sometimes before period</i>	Pain	<i>Yes</i>	Alcohol	<i>Yes</i>
Pins/needles	<i>Yes</i>	Smelly discharge	<i>Yes</i>	Chlorine pools	
Injury	<i>Horse ridding</i>	Tender breasts	<i>Yes</i>	Garden pesticides	
Arthritis		Vaginal burning/irritation	<i>✓</i>	Fluoridated toothpaste	
Osteoporosis/Osteopenia		Vaginal thrush	<i>Sometimes</i>	Tap water	
Disc issues		Vaginitis		Non-organic meat	<i>Sometimes</i>
Back pain				Processed/deli meats	<i>✓</i>
Shoulder/neck pain	<i>sometimes</i>			Antibiotics	
Joint pain/ stiffness	<i>yes</i>			Amalgam fillings	
				Non-organic skin care	
				Non-organic make up	
				Mainstream deodorants	<i>✓</i>
				Regular vaccinations	<i>✓</i>
				Glues/fume/chemical/ gas exposure at work	

DENTAL		EXERCISE		YOUR BIRTH	
Fillings	Yes	Rarely	Walk everyday,	Normal birth	Vaginal birth
Root Canal		Often		Tongs / Suction Cap	
Abscess		Daily		C-section	
Tooth decay		Walking		Vaccinated	Yes
Tooth erosion	Yes	Running		Jaundice	
Tooth sensitivity/ aches	Yes	Swimming		Other issues	
Gum disease		Pilates		Not breast fed	
Bleeding gums with floss	yes	Yoga			
Bad breath	Yes	Gym	Reformer 2x		
Ulcers/ mouth sores		Other	per week		
Braces/ Plates	Yes-still have wire				
Clenching	Yes				
Grinding	Yes				
Sore neck upon waking					
Bite marks inside cheek					
Sore jaw					
Snoring	Sometimes				
Sleep apnea					

ADDITIONAL INFO

Please list any other relevant information you would like to disclose below

I have tried and still have a prescription for progesterone (i think it increased my sex drive) It made me groggy in the morning

I'm loosely following Paleo- I do notice I crave sugar more. I have tried so many different dietary tweaks I'm overwhelmed with what to do. I do lose my appetite at times

history

Always struggled with chronic fatigue/ heavy periods

Mirena was put in to stop the bleeding (I think it increased my anxiety, lowered sex drive) When I got it out in Sept 2019 I went into chronic fatigue again

*I saw Dr Soji swaraj Endocrinologist
we tried (see report)*

Symptoms

Hair loss/thinning hair

red rash on side or arms

bad breath body odour (one armpit)

Constantly blowing out green mucus from nose

don't remember my dreams

regular cuts in cracks of nose

no sex drive/libido (no partner atm)

when i wake up often its with a jolt

periods- until i did acupuncture they were heavy with clots