



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

PATIENT MOTIVATION PROFILE – FEMALE

Date 8th December

Name Gemma Bamforth D.O.B 13.10.1988

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Occupation (current &/or previous) Artist

Who do you live with? My Husband

Referred by Madeline Boud

Other specialists being seen

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

Naturopath and acupuncturist

Current health goals and/or concerns

1. My Period has been developing to be quite painful (up to 3 and even sometimes 4 days of nurofen). I am regularly emotional beforehand and have swollen breasts. I have been able to minimise some of this pain with diet and I think the acupuncture has helped.
2. My husband and I would like to have a baby. We have been trying for a year with minimal worry, however I am aware I probably need to sort out my periods first.
3. I have small spots on my skin that seem to have come back in the last month. It might be psoriasis. .
I am also wanting some advice on the AstraZenica vaccine with I received in November.

Please list any other pre-diagnosed health conditions



Current allergies (*food, environmental, medication, etc*)

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*)

Eat:

Goats cheese, blueberries, eggs, oat milk, coffee, dark chocolate, thyme, chard, broccoli, fish, red meat, chicken, yoghurt, sourdough, butter, sweet potato, wheat pasta, tomatoes, apples, oranges, farro, rice, potatoes. I eat lots of veggies.

Drink: Just purchased a reverse osmosis water filtration system. I drink about 1 - 1.5 litres of water every day.

Avoid: Over the past few years I have mostly (not completely) cut out meats and dairy but have recently started eating them again in the last month

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

Ethical nutrients extra C for immune health (covid) 2 per day

Herbs of gold quercertin complex (covid vaccine) 1 per day

B12 spray (my naturopath put me onto it a year ago) 2 per day

Thorne prenatal - 1 per day (for pregnancy)

Medlab nanocelle D3 spray - 2 per day (for pregnancy, my period pain and immune health)

Bioceuticals Ultracien DHA omega - (for pregnancy) 1 per day

Orthoplex Zince citrate - (for immune health) 1 per day

* It's worth noting I gave up all of these a month ago completely overwhelmed with how many supplements I was taking. I wanted to see what I felt like with no supplements and if I could achieve the same results with food?

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*)

My grandmother died of cancer (I cannot remember what type)

My mother had very bad asthma when she was younger but it is almost not apparent today

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.

Approx age 18 (2006) - pimply skin and was put on the Pill (I stayed on this till I was approx 23 (2011)

Approx age 25 (- Sore periods for half a day maybe every 3 months, this gradually expanded to every second month, every month and then for a whole day, day and a half - all the way up to 3-4 days of pain at the start of this year (2021)

2020, August - Went to a naturopath (Mia Prowse) to look at a few symptoms. One being my period, another being very small pimples on my chest which wasn't going away, another being dandruff and another being small spots on my torso. Another main reason was the ulcers under my tongue I was getting since the start of 2020, this started as once a month, to every week. I was getting very frustated and upset as I did not know the cause. I went to get blood tests and everything came back quite normal. I didn't really get much help, but started on most of the supplements I mentioned. The pimples, psoriasis spots and dandruff did eventually go away, I cannot remember when)

On the 1st of 2021 I decided to embark on a zero alcohol plan for 100 days. I did not get one ulcer since I started (and they have never come back). I also did not get any breast pain or swelling when I got my period in this time.

Around March I decided to see a acupuncturist for my period pain, this lasted for about a month. She gave me herbs which I feel like helped and mentioned it would take about 3 months to start to balance out my hormones. I feel like it really helped me as around August my pain eased slightly.

My last two periods I have eaten very green, drunk lots of green and celery juice, eliminated caffeine and rarely eaten meats. My pain has gone from nurofen to panadol and down to 2 days of pain.

Recently I have seen my psoriasis spots come back in the last month.

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	y	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	y	Haemochromatosis	
Food in stool		Poor concentration	y	Easily bruised	
Itchy anus		Brain fog	y	Frequent nose bleeds	
Laxative use		ADD/ ADHD			
Haemmoroids		Learning difficulties		URINARY/ KIDNEY	
		Pins/needles	y	Kidney infection	
CARDIOVASCULAR		Headaches		Kidney pain	
High blood pressure		Migraines		Frequent urination	y
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	y	Cold sores		Fatty liver disease	
Varicose veins		Styes	x	Issue digesting fat	
				Sticky/mushy stool	
HAIR		NAILS		Gallbladder removal	
Increased loss		Brittle		Poor alcohol tolerance	y
Poor quality		Vertical ridges		Weight gain	
Oily	y	Split easily			
Dry		Soft			
Dandruff	x				

SKIN		FEMALE REPRO		TRAUMA	
Dry	y	Abnormal pap smear		Physical abuse	
Oily		Adenomyosis		Sexual abuse	
Rough		Amenorrhea (absent period)		Verbal abuse	
Itching	y	Anovulation		Broken bones	
Acne		Break thru bleeding		Head trauma	
Psoriasis		Breast lumps (benign)		Accidents	
Eczema		Contraceptive Pill	x	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	y	Genital Ulcers		Anxiety	
Nightmares		Genital warts/ HPV		Panic attacks	
Snoring	x	Genito-urinary infections		Mood swings	y
Sweating		Gynecological cancer		Irritability	y
Wake up hungry	y	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	y	Cigarettes	x
Post exercise fatigue		Pain on intercourse		e-Cigarettes	
Malaise		Painful periods	y	Passive smoke	
		PCOS		Damp in home/work	
MUSCULOSKELETAL		Pelvic Inflammatory disease (PID)		Recreational drugs	x
Cramps		PMS	y	Alcohol	y
Pins/needles		Smelly discharge		Chlorine pools	
Injury		Tender breasts	y	Garden pesticides	
Arthritis		Vaginal burning/irritation		Fluoridated toothpaste	
Osteoporosis/Osteopenia		Vaginal thrush		Tap water	x
Disc issues		Vaginitis		Non-organic meat	x
Back pain				Processed/deli meats	x
Shoulder/neck pain				Antibiotics	
Joint pain/ stiffness				Amalgam fillings	
				Non-organic skin care	x
				Non-organic make up	x
				Mainstream deodorants	x
				Regular vaccinations	
				Glues/fume/chemical/ gas exposure at work	

