



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

## PATIENT MOTIVATION PROFILE – FEMALE

Date 06/04/2022

Name Georgette Archer D.O.B 09/04/1999

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Occupation (current &/or previous) General Manager, Women's Fashion E-Commerce

Who do you live with? Mum and Dad

Referred by Jemma McGeachie

Other specialists being seen

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

GP - Dr. Rosanne Russell - 1 Kissing Point Road, Turrumurra

Gynaecologist - Pro. Alan Lam - Suite 408 Level 4, AMA Building, 69 Christie St, St Leonards NSW 2065

Current health goals and/or concerns

1. To establish a diet plan for both pre and post laparoscopy that will assist with treating my endo symptoms (bloating, pain during urination and bowel movements, fatigue, pelvic pain/cramps, inflammation/pain around my sinuses and glands - allergy like symptoms, usually accompanied by headache).
2. Treat my chronic thrush through supplements and/or diet.
3. Treat my gut flare ups, either constipation or diahorrea episodes which are also accompanied by gas pains.

Please list any other pre-diagnosed health conditions

Hemochromatosis

Current allergies (food, environmental, medication, etc)

Hayfeever, dust, fragrance, certain alcohols with preservatives/sulfates.

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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 don't consume any dairy (except small amounts of butter on toast). I avoid gluten i.e. would order or cook gluten free pasta/pizza except I usually have sourdough toast for breakfast. I drink approx 2-3L of water a day from the tap. I eat a lot of meat and veggies, usually with a carb like rice, bread, pasta or a wrap. I don't consume much fruit, maybe a couple times a week at most.

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

1 tablet of Blackmores Daily Health Probiotics + for my chronic thrush. One every day either with breakfast or lunch.

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Visanne pill daily, soon switching to IUD Mirena for endo.

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Clarantyne usually a few times a week for allergies/hayfever (dry eyes, nose, mouth).

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15ml of Sanita Active Curcumin Elixir per day, usually before breakfst or lunch as an anti-inflammatory.

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## 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)

Mother's Mother died of heart attack. Mother's father died of prostate cancer. Mother's Sister Breast Cancer, Mother's Brother Melanoma. Father's Mother Heart Disease.

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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.

- 31 October 2014 onychomycosis - nail fungus

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- 27 October 2016 chickenpox

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- 29 June 2017 haemochromatosis

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- 4 July 2017 blastocystis hominis enteritis - gut organism

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- 26 April 2021 - endoscopy and colonoscopy

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## 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

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

SKIN		FEMALE REPRO		TRAUMA	
Dry	Y	Abnormal pap smear		Physical abuse	
Oily		Adenomyosis	Y	Sexual abuse	
Rough		Amenorrhea (absent period)		Verbal abuse	
Itching		Anovulation		Broken bones	
Acne	X	Break thru bleeding		Head trauma	
Psoriasis	X	Breast lumps (benign)		Accidents	
Eczema		Contraceptive Pill	Y	Divorce	
Dermatitis	X	Cystitis		Death of loved one	
Offensive odour		Ectopic pregnancy		Bankruptcy	
Poor wound healing		Endometriosis	Y	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	Y
Wake up hungry		Infertility		Chronic stress	Y
Wake up tired		Irregular periods		Anger	
		IUD/Mirena		Cranky skipping meals	
ENERGY		Low libido		Looping/ OCD	
Good energy	Y	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	Y	e-Cigarettes	
Malaise		Painful periods	Y	Passive smoke	
		PCOS		Damp in home/work	
MUSCULOSKELETAL		Pelvic Inflammatory disease (PID)		Recreational drugs	
Cramps	Y	PMS		Alcohol	Y
Pins/needles		Smelly discharge		Chlorine pools	
Injury		Tender breasts		Garden pesticides	
Arthritis		Vaginal burning/irritation		Fluoridated toothpaste	Y
Osteoporosis/Osteopenia		Vaginal thrush	Y	Tap water	Y
Disc issues		Vaginitis		Non-organic meat	Y
Back pain	Y			Processed/deli meats	
Shoulder/neck pain				Antibiotics	X
Joint pain/ stiffness	Y			Amalgam fillings	
				Non-organic skin care	Y
				Non-organic make up	Y
				Mainstream deodorants	Y
				Regular vaccinations	Y
				Glues/fume/chemical/ gas exposure at work	

