



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

PATIENT MOTIVATION PROFILE – FEMALE

Date Aug 29, 2022
Name Katherine Lo D.O.B Sep 3, 1981
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Occupation (current &/or previous) Director
Who do you live with? Aug 29, 2022
Referred by N/A - Alex Middleton's writing

Other specialists being seen

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

1. Fertility doctors overseeing my IVF and egg retrievals - Dr Chavkin, Dr Tourgemann at HRC Fertility West LA
2. Acupuncturist for fertility acupuncture - I go 2x/weekly - Dr Laurie Binder at Santa Monica Acupuncture
3. GP who is aware of my fertility goals - Dr Kristen Witala at One Medical Group Santa Monica

Current health goals and/or concerns

1. Detox and heal body from 3.5 consecutive cycles of IVF - From March 2022 until August 2022, I did 3.5 cycles of IVF where 3 egg retrievals were done and I did the IVF injections for a 4th round but did not retrieve. My 3 cycles yield 4 normal embryos.
2. Simultaneously prepare body for 2 more egg retrievals in Feb/Mar 2023. Due to my age (just turning 41) and previous unhealthy lifestyle factors, I worry that having 4 embryos isn't enough and would like to do 2 more cycles to be safe.
3. Detox from the 2 future egg retrievals, and simultaneously prepare body for embryo transfer/implantation and pregnancy in late 2023.

Please list any other pre-diagnosed health conditions

1. During IVF prep and bloodwork, the doctors diagnosed me with hypothyroid and prescribe me levothyroxine. Since March I've been taking that and right now am taking Tirosint name brand of this medication.
2. I have mild depression and mild ADD so am taking Wellbutrin and have been prescribed some form of Ritalin/Adderall, but I've avoided taking the ADD medication due to worries it will be bad for fertility/pregnancy.
3. In Dec 2021, I tested for high cholesterol but since then I changed my diet and brought it down to normal.



Current allergies (food, environmental, medication, etc)

Shellfish allergy - skin rash but not fatal

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)

1. Mediterranean / Paleo diet - fresh fish, canned fish, eggs, poultry, occasional red meat, dairy, vegetables, berries, apple, nut and seeds, nut and seed butter/milk/etc, superfoods (eg chlorella, maca, goji, etc), sauerkraut/kimchi, occasional gluten-free products like pasta or bread but trying to minimize, coffee alternatives, monkfruit, olive oil, hot sauce.

2. Foods I try to avoid - sugar, added sugar, artificial sugar, diet soda, coffee (has been really hard to give up coffee), caffeine, gluten, trans fat, junk food, fried food, fast food, fruit juices (is it ok to drink cold-pressed fruit juices if contain sugar?). Handful of times this year I ate sugar/gluten products or takeout which may have included unknown oils / MSG / sugar / etc.

3. I drink a lot of filtered water each day.

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

Since Jan 2022 I've been taking these supplements daily:

1. Prenatal multi (Garden of Life My Kind Organics)

2. Prenatal multi powder (Needed)

3. Prenatal DHA fish oil (Wiley's and Nordic Naturals)

4. DHEA, NAC, melatonin, ALA, acetyl l-cysteine (Pure Formulations)

5. D3, COQ10 (Pharmanord)

6. Probiotics (Flora)

Medications:

1. Wellbutrin (150mg XL)

2. Tirosint

Got most of these from fertility doctor instructions (DHEA, D, COQ10) and the book "It starts with the egg"

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)

Paternal grandfather - heart disease (cause of death), Alzheimers

Paternal grandmother - kidney disease

Maternal grandfather - diabetes, hypothyroid

Maternal grandmother - leukemia (cause of death)

Father - high blood pressure

Mother - high cholesterol, diabetes, heart disease markers

Extended family - depression, OCD

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.

2000 - depression - prescribe Zoloft which I didn't stay on

2003 - caught amoebic cyst in India - prescribed Flagyl

2009 - chronic fatigue, high blood sugar, low thyroid - took thyroid medication briefly

2010 - depression - started taking Wellbutrin on and off until now

2014 - ADD diagnosis - started taking Ritalin/Adderall very occasionally but never stayed on it consistently for fear of negative side effects

2021 - high cholesterol - changed diet

2022 - panic attack - initiated stress relief activities including fertility acupuncture

2022 - IVF and egg retrievals 3.5 cycles

2022 - hypothyroid diagnosis - prescribed thyroid medication which I continue to take (Tirosint)

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

