



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

PATIENT MOTIVATION PROFILE – FEMALE

Date 18/05/2022

Name Nicola Teo D.O.B 22/02/1995

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Occupation (current &/or previous) Dog trainer/Business owner

Who do you live with? My partner

Referred by _____

Other specialists being seen

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

Tania Flack Naturopath - Bondi Health & Wellness

Current health goals and/or concerns

1. Gut balancing

2. Bacterial Vaginosis

3. Acne

Please list any other pre-diagnosed health conditions

Current allergies (food, environmental, medication, etc)

Mould, dust, sugar, gluten intolerance, some dairy intolerance

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)

Not a good diet or eating schedule. I usually walk all day while forgetting to eat and then binge when i get home. I have a strong sugar addiction because of my bad eating habits.

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

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 dad developed pre-diabetes and then managed to get rid of it by cutting out sugars for a while

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.

1995 - RSV pneumonia

2017 - now - Bacterial Vaginosis on and off

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	Y	Shortness of breath		Hyperthyroidism	
Diarrhea		Asthma	X	Hypothyroidism	
Bloating	X	Regular cough		Adrenal dysfunction	
Flatulence		Sinus/nasal congestion	X	Diabetes I	
Indigestion		Post-nasal drip		Diabetes II	
Acid reflux/ heartburn		Hay fever	Y	Weight loss	
Worms/parasites		Allergies	Y	Weight gain	Y
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	Y	Easily bruised	
Itchy anus		Brain fog		Frequent nose bleeds	
Laxative use		ADD/ ADHD	Y		
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	X	LIVER/ GALLBLADDER	
Cold hands		Swollen glands		Hepatitis	
Dizziness		Cold sores	X	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	Y
Oily	Y	Split easily			
Dry	Y	Soft	X		
Dandruff					

SKIN		FEMALE REPRO		TRAUMA	
Dry		Abnormal pap smear		Physical abuse	
Oily	Y	Adenomyosis		Sexual abuse	
Rough		Amenorrhea (absent period)		Verbal abuse	
Itching		Anovulation		Broken bones	
Acne	Y	Break thru bleeding		Head trauma	
Psoriasis		Breast lumps (benign)		Accidents	X
Eczema		Contraceptive Pill	X	Divorce	X
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	Y	Gynecological cancer		Irritability	
Wake up hungry		Infertility		Chronic stress	
Wake up tired		Irregular periods		Anger	
		IUD/Mirena	X	Cranky skipping meals	
ENERGY		Low libido		Looping/ OCD	
Good energy	Y	Malformed womb		Phobias	
Poor energy		Miscarriage			
Need caffeine regularly		Ovarian Cysts	X	TOXIN EXPOSURE	
Energised at night		Ovulation pain		Cigarettes	
Post exercise fatigue		Pain on intercourse		e-Cigarettes	X
Malaise		Painful periods		Passive smoke	X
		PCOS		Damp in home/work	
MUSCULOSKELETAL		Pelvic Inflammatory disease (PID)		Recreational drugs	X
Cramps		PMS	Y	Alcohol	
Pins/needles		Smelly discharge	X	Chlorine pools	X
Injury		Tender breasts		Garden pesticides	
Arthritis		Vaginal burning/irritation		Fluoridated toothpaste	Y
Osteoporosis/Osteopenia		Vaginal thrush	Y	Tap water	Y
Disc issues		Vaginitis	Y	Non-organic meat	
Back pain				Processed/deli meats	Y
Shoulder/neck pain				Antibiotics	X
Joint pain/ stiffness				Amalgam fillings	
				Non-organic skin care	Y
				Non-organic make up	Y
				Mainstream deodorants	X
				Regular vaccinations	
				Glues/fume/chemical/ gas exposure at work	

