



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

## PATIENT MOTIVATION PROFILE – FEMALE

Date 18/09/2020  
Name Paula Dias dos Santos Monteiro D.O.B 02/09/1981  
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Phone No 0433571639 Email pmonteiro\_22@hotmail.com  
Occupation (current &/or previous) Systems Analyst  
Who do you live with? My husband  
Referred by Lucimeire Lima

Other specialists being seen

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

GP, Naturopath that works with Chinese Herbs

Current health goals and/or concerns

1. Trying to get pregnant: looking for some advice or treatment that would improve fertility.  
I had a miscarriage in Jun very early stage - found out on a Friday, lost on Tuesday when I started to bleed (and period came).
2. After this, my cycles seem quite long - between 30 to 33 days. Naturapath i see, works with Chinese Herbs and she did prescribe some to improve progesterone. My temperatures while I was tking them was quite high - 36.7 to 37. I am bit concerned that the herbs are altering my cycles.
3. \_\_\_\_\_

Please list any other pre-diagnosed health conditions



Current allergies (food, environmental, medication, etc)

Hayfever - Dust, Milk and Yogurt

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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)

Protein Shake with Papaya or Kiwi

120g protein lunch/dinner

Root Veggies Lunch

Green Veggies Lunch/dinner

Salad lunch/dinner

01 cup of coffee per day with Almond or Macadamia milk

Herbal tea

Water - 2L per day average

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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

Elevit

Magnesium

Spirulina

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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)

Mum: diabetics and thyroid

Grandmother: hypothyroidism

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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.

2016 - Hypothyroidism: 30mg thyroxine daily

Took it for 2 years and then in 2019 when i repeated the test, nothing was detected so docttor (which was a different GP) said i didnt have to take it any medication for that as it was normal.

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2018 - 1cm cyst on left breast

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2015 - Appendicitis

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2016 - Breast Implants

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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		Hyperthyroidism	
Diarrhea		Asthma		Hypothyroidism	X
Bloating	Y	Regular cough		Adrenal dysfunction	
Flatulence	Y	Sinus/nasal congestion		Diabetes I	
Indigestion		Post-nasal drip		Diabetes II	
Acid reflux/ heartburn		Hay fever	Y	Weight loss	Y - last year
Worms/parasites		Allergies		Weight gain	
SIBO					
Polyps		<b>NERVOUS</b>		<b>HAEMATOLOGY</b>	
Bad breath	Y	Adrenal fatigue		Anemia (Iron)	
Mucous in stool		Chronic fatigue		Anemia (B12)	
Blood in stool		Poor memory	Y lately	Siderochromatosis	
Food in stool		Poor concentration		Easily bruised	
Itchy anus	Y	Brain fog		Frequent nose bleeds	
Laxative use		ADD/ ADHD			
Haemmoroids	Y	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)	
Heart murmur		EBV/ Glandular fever		Cystitis	
Angina		Autoimmunity		Incontinence	
Arrhythmia		Cancer		Extreme thirst	
Poor circulation		HIV			
Cold feet	Y	Thrush/candida		<b>LIVER/ GALLBLADDER</b>	
Cold hands	Y	Swollen glands		Hepatitis	
Dizziness	Y	Cold sores		Fatty liver disease	
Varicose veins		Styes		Issue digesting fat	
				Sticky/mushy stool	
<b>HAIR</b>		<b>NAILS</b>		Gallbladder removal	
Increased loss		Brittle		Poor alcohol tolerance	
Poor quality		Vertical ridges		Weight gain	
Oily	Y	Split easily			
Dry		Soft			
Dandruff					

SKIN		FEMALE REPRO		TRAUMA	
Dry	Legs	Abnormal pap smear		Physical abuse	
Oily	Face	Adenomyosis		Sexual abuse	
Rough		Amenorrhea (absent period)		Verbal abuse	
Itching	Y	Anovulation		Broken bones	
Acne	Y	Break thru bleeding		Head trauma	
Psoriasis		Breast lumps (benign)		Accidents	
Eczema		Contraceptive Pill		Divorce	
Dermatitis		Cystitis		Death of loved one	
Offensive odour	Y	Ectopic pregnancy		Bankruptcy	
Poor wound healing		Endometriosis		Natural Disaster	
		Fallopian tube issues		Other	
SLEEP QUALITY		Fibroids			
Issues falling asleep	Y	Flooding		EMOTIONS	
Issues staying asleep		Genital Herpes		Depression	
Vivid dreams	Y	Genital Ulcers		Anxiety	Y
Nightmares		Genital warts/ HPV		Panic attacks	
Snoring		Genito-urinary infections		Mood swings	Y
Sweating	Y	Gynecological cancer		Irritability	Y
Wake up hungry		Infertility		Chronic stress	
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	Y		
Need caffeine regularly	Y	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	Y
Cramps		PMS		Alcohol	Y
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	Y	Vaginitis		Non-organic meat	Y
Back pain	Y			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	

