



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

PATIENT MOTIVATION PROFILE – FEMALE

Date 08/06/22
Name Amanda Dormer D.O.B 15/12/1976
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Occupation (current &/or previous) Creative Director
Who do you live with? No one.
Referred by A friend via Instagram

Other specialists being seen

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

No one at the moment but last year I saw:

- Dermatologist, Dr Amanda Saracino
- Colorectal Surgeon, Dr Susan Shedda
- Gynaecologist, Dr Shamitha (Shami) Kathurusinghe
- Naturopath, Kristi Dormer

Current health goals and/or concerns

1. Manage adenomyosis, manage chronic fissures, manage lichen sclerosus, manage hormones
- considering going back on the pill, would like to discuss the pros and cons
2. Always feeling bloated and not regular
3. Need to eat better to manage all of the above and learn what to avoid and what to eat more of etc.
for my specific conditions and metabolic body type. Really hoping to get a shopping list together.
I really struggle with buying groceries, meal planning and meal prep.

Please list any other pre-diagnosed health conditions

Nothing that I know of at the moment.

I was anemic this time last year which led to the discovery of the adenomyosis.

I have a very disruptive menstrual cycle. Heavy bleeding and bad cramps for 3 days.

I try to stay home and not make plans for those days.



Current allergies (food, environmental, medication, etc)

I have a bad reaction to dust.

Erythromycin.

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 drink a lot of black tea with whole milk, 5-10 cups per day. Mix it up with a matcha latte/hot chocolate.

I'm not a good plain water drinker. A mix btw tap water/bottled water.

I usually have granola and almond/coconut milk. An egg & cheese sandwich.

For dinner some kind of soup/broth with chicken & celery.

Sometimes order pizza/pasta. Eat out a lot not, very consistent. Don't eat fast food.

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

Trying to be consistent with psyllium husks at the moment

Usually take a pre & probiotic

I have so many supplements (Medi Herb/Eagle) in the house but not very consistent with anything at the moment

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 - thyroid removal, sarcoma removal, osteoporosis

father - dementia

nana - dementia, died

pop - diabetes/heart attack/bypass died

grandmother - osteoporosis, cold (no medication order) died

grandfather - stroke died

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.

1994 - started taking the pill (on and off but mostly on till 2020)

2007 - was told I probably had endometriosis, no official test

2011 - fissure (continuing on and off to current)

2015 - lichen sclerosus (first flare)

2020 - lichen sclerosus (second flare), stopped taking pill and periods went from basically non-existent to painful and heavy.

2021 - anemic, adenomyosis

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	X	Hyperthyroidism	
Diarrhea	X	Asthma	X	Hypothyroidism	
Bloating	Y	Regular cough	X	Adrenal dysfunction	
Flatulence		Sinus/nasal congestion	X	Diabetes I	
Indigestion		Post-nasal drip	X	Diabetes II	
Acid reflux/ heartburn		Hay fever	X	Weight loss	
Worms/parasites		Allergies	X	Weight gain	X
SIBO					
Polyps		NERVOUS		HAEMATOLOGY	
Bad breath		Adrenal fatigue		Anemia (Iron)	
Mucous in stool		Chronic fatigue		Anemia (B12)	
Blood in stool	Y	Poor memory		Haemochromatosis	
Food in stool		Poor concentration	Y	Easily bruised	
Itchy anus	X	Brain fog		Frequent nose bleeds	
Laxative use		ADD/ ADHD			
Haemmoroids	X?	Learning difficulties		URINARY/ KIDNEY	
		Pins/needles		Kidney infection	
CARDIOVASCULAR		Headaches	Y	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	Y
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	X	Hepatitis	
Dizziness		Cold sores	X	Fatty liver disease	
Varicose veins		Styes		Issue digesting fat	
				Sticky/mushy stool	
HAIR		NAILS		Gallbladder removal	
Increased loss	Y	Brittle		Poor alcohol tolerance	
Poor quality		Vertical ridges		Weight gain	X
Oily		Split easily			
Dry		Soft			
Dandruff	X				

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

DENTAL		EXERCISE		YOUR BIRTH	
Fillings	X	Rarely		Normal birth	X
Root Canal	X	Often	Y	Tongs / Suction Cap	X
Abscess		Daily		C-section	
Tooth decay		Walking	Y	Vaccinated	X
Tooth erosion	X	Running		Jaundice	
Tooth sensitivity/ aches	X	Swimming	Y	Other issues	
Gum disease		Pilates	X		
Bleeding gums with floss	X	Yoga			
Bad breath		Gym			
Ulcers/ mouth sores		Other SURFING	X		
Braces/ Plates					
Clenching	X				
Grinding	X				
Sore neck upon waking	X				
Bite marks inside cheek	X				
Sore jaw	X				
Snoring					
Sleep apnea					

ADDITIONAL INFO

Please list any other relevant information you would like to disclose below

I have included a recent (2021) FitGenes Genetic Profile results report in case this is helpful.

[illegible]