



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

## PATIENT MOTIVATION PROFILE – FEMALE

Date 27/07/21  
Name Beth Young D.O.B 20/10/86  
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Phone No 0405164214 Email bethyoung86@gmail.com  
Occupation (current &/or previous) Journalist  
Who do you live with? My fiancé  
Referred by Kate Powe, naturopath recommended you

Other specialists being seen

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

Associate Professor Michael Cooper - surgeon/endo excision expert - 9233 3546

Clare Pyers, Chinese doctor - (03) 9013 1777 (I saw her from May, no longer seeing her)

Olivia Shurdova, acupuncturist - 8313 7033

Current health goals and/or concerns

1. Managing endo post-excision surgery
2. Improving fertility/egg quality/preparing to conceive again after a miscarriage in Feb this year
3. Improving gut health/improving pimple breakouts

Please list any other pre-diagnosed health conditions

Genital herpes

Stage 4 endometriosis

Current allergies (food, environmental, medication, etc)

Surgical tape, none other than I'm aware of

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)

Try to avoid gluten (although don't always succeed). Avoid dairy mostly, except for butter & goat and sheep cheese/yoghurt. In the last few months, have switched to grassfed/organic meats. Get some fruit & veg organic. If not organic, soak in baking soda before cooking. We have a crappy plastic jug filter from Kmart. I drink about 2L of water per day. Haven't had coffee in a couple of weeks, but previously, maybe 3 per week. Eat pretty healthily, but will do takeaway/eat out at weekend.

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

Grassfed beef liver capsules, 4 tablets twice per day. Amount per serving: 3.2g

Naturobest preconception tablet, 1 tablet twice per day.

Metagenics MetaZinc, 1 per day. 250mg

Biomedica Femex Forte probiotic for vaginal health (prone to itchiness, seems to have cleared.

Have run out of this about a week ago

Chinese herbal meds (can send you a pic of the back of the packet. Almost run out, probably won't reorder

Before miscarriage, was taking Valtrex when I had herpes outbreaks. Haven't taken since.

## 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 died, secondary cancer liver and lung, primary cancer unknown

Dad recently diagnosed with COPD

Maternal grandma died bowel cancer

Maternal grandfather died Alzheimers

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.

2006 - Abortion at 11 weeks, aged 19

2015 - CIN 3, had colposcopy

2016 - diagnosed genital herpes. Took Valtrex during outbreaks, last year was taking as suppressive therapy. Now managing with zinc.

Jan 2020 - gyn said she suspected I have endo. Told not to do anything about it, unless we had trouble falling pregnant.

June 2020 - Colonoscopy as had blood in my poo. Nothing dodgy was found.

February 2021 - Miscarriage at 7 1/2 weeks. Hospitalised with unexplained infection.

July 2021 - Endometriosis, laparoscopy, diagnosed stage 4 endo

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

SKIN		FEMALE REPRO		TRAUMA	
Dry	Y	Abnormal pap smear	X	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	
Eczema		Contraceptive Pill		Divorce	
Dermatitis	X	Cystitis		Death of loved one	Y
Offensive odour		Ectopic pregnancy		Bankruptcy	
Poor wound healing		Endometriosis	Y	Natural Disaster	
		Fallopian tube issues	Y	Other	
SLEEP QUALITY		Fibroids			
Issues falling asleep	Y	Flooding		EMOTIONS	
Issues staying asleep	Y	Genital Herpes	Y	Depression	X
Vivid dreams	Y	Genital Ulcers		Anxiety	Y
Nightmares		Genital warts/ HPV	X	Panic attacks	
Snoring		Genito-urinary infections		Mood swings	Y
Sweating		Gynecological cancer		Irritability	Y
Wake up hungry		Infertility		Chronic stress	Y
Wake up tired		Irregular periods		Anger	Y
		IUD/Mirena		Cranky skipping meals	
ENERGY		Low libido	Y	Looping/ OCD	
Good energy		Malformed womb	Y	Phobias	
Poor energy	Y	Miscarriage	Y		
Need caffeine regularly		Ovarian Cysts	Y	TOXIN EXPOSURE	
Energised at night		Ovulation pain		Cigarettes	
Post exercise fatigue		Pain on intercourse		e-Cigarettes	
Malaise	Y	Painful periods	Y	Passive smoke	X
		PCOS		Damp in home/work	
MUSCULOSKELETAL		Pelvic Inflammatory disease (PID)		Recreational drugs	X
Cramps		PMS		Alcohol	X
Pins/needles		Smelly discharge		Chlorine pools	X
Injury		Tender breasts		Garden pesticides	
Arthritis		Vaginal burning/irritation	X	Fluoridated toothpaste	
Osteoporosis/Osteopenia		Vaginal thrush	X	Tap water	Y
Disc issues		Vaginitis		Non-organic meat	
Back pain	Y			Processed/deli meats	Y
Shoulder/neck pain	Y			Antibiotics	X
Joint pain/ stiffness				Amalgam fillings	Y
				Non-organic skin care	X
				Non-organic make up	X
				Mainstream deodorants	X
				Regular vaccinations	Y
				Glues/fume/chemical/ gas exposure at work	

