



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

PATIENT MOTIVATION PROFILE – FEMALE

Date 8/5/22
Name Sharmaine De Silva D.O.B 26/05/1993
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Occupation (current &/or previous) Vet Nurse
Who do you live with? my partner and his parents.
Referred by Dr David Kowalski Internet.

Other specialists being seen

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

Gynaecologist - Dr David Kowalski.

Current health goals and/or concerns

- Sorting a diet to help with endometriosis flare ups.
- Have been vomiting regularly
- Have been constipated but also intermittent ~~diarrhoea~~ diarrhoea.

Please list any other pre-diagnosed health conditions

Endometriosis

Current allergies (food, environmental, medication, etc)

Dairy

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)

- Avoid dairy

- Hello fresh meals. ~~to~~

- 500mls water daily.

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

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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)

- Heart disease

- Diabetes (type 2)

- Sjogrens syndrome

- Lupas

- Crohns

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.

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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

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

SKIN		FEMALE REPRO		TRAUMA	
Dry	Y	Abnormal pap smear	4	Physical abuse	
Oily	X	Adenomyosis	4	Sexual abuse	
Rough		Amenorrhea (absent period)		Verbal abuse	
Itching	Y	Anovulation		Broken bones	
Acne		Break thru bleeding		Head trauma	
Psoriasis		Breast lumps (benign)		Accidents	
Eczema	Y	Contraceptive Pill	X	Divorce	
Dermatitis		Cystitis		Death of loved one	
Offensive odour		Ectopic pregnancy		Bankruptcy	
Poor wound healing		Endometriosis	Y	Natural Disaster	
		Fallopian tube issues		Other	
SLEEP QUALITY		Fibroids			
Issues falling asleep	Y	Flooding		EMOTIONS	
Issues staying asleep	Y	Genital Herpes		Depression	
Vivid dreams	X	Genital Ulcers		Anxiety	Y
Nightmares	X	Genital warts/ HPV		Panic attacks	Y
Snoring	X	Genito-urinary infections		Mood swings	Y
Sweating		Gynecological cancer		Irritability	Y
Wake up hungry	X	Infertility	X	Chronic stress	Y
Wake up tired	Y	Irregular periods	X	Anger	
		IUD/Mirena	X	Cranky skipping meals	
ENERGY		Low libido		Looping/ OCD	
Good energy	X	Malformed womb		Phobias	
Poor energy	Y	Miscarriage			
Need caffeine regularly	Y	Ovarian Cysts	X	TOXIN EXPOSURE	
Energised at night	X	Ovulation pain	Y	Cigarettes	X
Post exercise fatigue		Pain on intercourse	Y	e-Cigarettes	
Malaise		Painful periods	Y	Passive smoke	X
		PCOS	Y	Damp in home/work	
MUSCULOSKELETAL		Pelvic Inflammatory disease (PID)	Y	Recreational drugs	
Cramps	Y	PMS	X	Alcohol	Y
Pins/needles	Y	Smelly discharge		Chlorine pools	
Injury		Tender breasts	Y	Garden pesticides	
Arthritis		Vaginal burning/irritation		Fluoridated toothpaste	
Osteoporosis/Osteopenia		Vaginal thrush	X	Tap water	Y
Disc issues		Vaginitis		Non-organic meat	Y
Back pain	Y			Processed/deli meats	Y
Shoulder/neck pain	Y			Antibiotics	X
Joint pain/ stiffness	Y			Amalgam fillings	
				Non-organic skin care	Y
				Non-organic make up	Y
				Mainstream deodorants	Y
				Regular vaccinations	Y
				Glues/fume/chemical/ gas exposure at work	Y

