



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

**Alexandra Middleton Adv Dip (Nut Med); BA (Media Comm)**

Date: 3/8/22 Date of Birth: 21/7/2002

Name: Abigail Morgan

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Occupation: waitress (10pm latest)

Household Situation: parents

Children: 0

Referred By: Joelene Murdoch

## PRESENTING SYMPTOMS / PROBLEMS

Where, when, frequency, duration, history, associated symptoms, what was happening when they started?

- Fatigue – more than 8 hours of sleep feels foggy all day; caffeine doesn't help – specifically mornings; hypotension, heat flushes
- GI – bloating doesn't relate it to food, sometimes wakes up with it very painful... worse since ovarian surgery; IBS (diarrhea and constipation) – diarrhea with period;
- Bad periods – break thru bleeds with very bad pain, light bleed; now has mirena
- Super hypomobile
- Shortness of breath
- EBV antibodies
- Cyst on pineal gland
- Allergy – penicillin
- Overall very sensitive to things like bandaids
- Dental – no fillings, bruxism
- Skin – lifelong acne, ruactuane twice
- Sleep – 11pm-2am, can't fall asleep
- Not hungry for breakfast – nauseous

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**Past History** – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:

2002 – Baby GERD



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2012 – menarche (menorrhagia, painful, multiple); acne

2016 – OCP

2017 – whiplash from car accident; seizures, partial paralysis, benign cyst on pineal gland; stopped OCP

2018 – ovarian cyst (removed)

Recurrent – gastritis

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## Family History – CVD, cancer, diabetes, etc

Family History:

Maternal Grandmother – Hashimotos disease, hysterectomy

Mother – Dysmenorrhea, Mirena IUD, Hashimotos disease

Sister – Dysmenorrhea

Paternal grandmother – fibromyalgia, dysmenorrhea, endometriosis

## Sleep

**Energy Levels** – scale of 1-10, slumps, moods?

Generally good

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**Water:** 3 glasses a day

**Tea / Coffee / Cola:**

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**Allergies:** Morphine

**Cravings:**

**Aversions:**

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**Medications and supplements**

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**Diet – See Over:**

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**GIT / Digestion:** Weight, appetite, breath, ulcers and cold sores, bleeding gums, nausea, reflux, gas, bloating, fatty foods, skipping meals?

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**Bowels:** Frequency, colour, constipation/diarrhoea, blood/mucus, laxatives, haemorrhoids, family history?

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**General Health:** Headaches/Migraines, dizziness/vertigo, tinnitus, hay fever /allergies, sinus/swollen glands, Colds/flu's per year, recovery, Asthma/SOB? Drug use? Smoking?

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**Urinary:** Thirst, nocturia, cystitis, incontinence, thrush, kidney infections?

N/A

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**Female Repro:** Periods/Cycle, bleed/clots, PMS, sore breasts, bloating, moods, constipation/diarrhoea, Pap smears, infections, discharges, contraceptive method?

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**Male Repro:** Infections, hernias, swellings, impotence, libido?

N/A

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**Cardiovascular:** Heart problems, blood pressure, chest pain, palpitations, varicose veins, easy bruising?

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**Musculo-skeletal:** Cramps, pain, pins and needles, weak/numb, arthritis?

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**Skin:** Acne, eczema, psoriasis, infections, itching?

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**Lifestyle:** Exercise, relaxation, job satisfaction?

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**Emotions:** Anxiety, depression, mood swings?

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**Physical Examination:**

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**Height/weight** \_\_\_\_\_  
**Goal weight**



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## TREATMENT PLAN \_\_\_\_\_

DIET

SUPPLEMENTS

HANDOUTS

## FOLLOW UP

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### 1. 30/8/22 – 30min

- Went to hospital, lumbar puncture clear but pressure high on brain – diagnosis brain swelling, admitted to covid ward for three days pulse was 130 and she was sweating and fever; drs were worried she had clots in brain post-covid; vomiting and severely swollen glands; went home without doing MRI, went to GP who put her on prednisone which helped swelling and felt immediately better
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2.

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3.