



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 2/7/21 Date of Birth:

Name: Alicia Lloyd

Address:

Phone: (H) (W) (M)

Email:

Occupation:

Household Situation:

Children:

Referred By: Friend

PRESENTING SYMPTOMS / PROBLEMS

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

- 12 months – sinus issues, since IVF last year
- OCP – coming off
- 2016 + 2020 - IVF
- Thrush – recurrent but especially bad last four months
- Adenomyosis – scan
- BRCA diagnosis gave her depression –
- MTHFR
- Periods – history of long 7 day periods; last 12 months
- Gut – bloating, haemorrhoids, flatulence
- Allergies/ hayfever
- History of hypotension
- History Anxiety
- Sleeps well, wakes up feeling unrefreshed
- GP – Dr Ria Wharfe, Queen St Medical centre

Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:

2008 - Recurrent UTIs (duplexed kidney on left side)

2013 - BRCA

2014 – double mastectomy + reconstruction (2 silicone implants)

2016 -IVF (3 rounds); hashimotos, zolodex 2 x 3 moths



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

2017 – Adenomyosis on MRI

2020 – IVF (7 rounds)

Family History:

Family History – CVD, cancer, diabetes, etc

Sleep

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

Generally good

Water: 3 glasses a day

Tea / Coffee / Cola:

Allergies: Morphine

Cravings:

Aversions:

Medications and supplements

Diet – See Over:

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

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

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

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



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

N/A

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

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

N/A

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

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

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

Lifestyle: Exercise, relaxation, job satisfaction?

Emotions: Anxiety, depression, mood swings?

Physical Examination:

Height/weight _____
Goal weight _____

TREATMENT PLAN _____

DIET

SUPPLEMENTS

HANDOUTS

FOLLOW UP

-
- 27/7/21
 - Off pill and cows milk – bloating has improved
 - Was on OCP since 7/20; on/off last 4 years
 - Bacterial overgrowth – going to do antimicrobials for 8 weeks



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

- Needs mycoplasma PCR + bloods
- High zonulin and Beta Glucorindase on mmap
- Had to cut session short with food poisoning

2.

2/2/22

- Recently had covid
- Super improved on GF, occasionally cheat with sourdough
- Essentially dairy free outside
- Given up on IVF
- Periods – on time, day before severe irritability
- Dr Ria Warfe (GP)

9/3/22

- VMB – low commensals, BV, high pH
- Recommended metronidazole with GP + boric acid etc – see sheet
- US – no endo, just adenomyosis

31/5/22

- Has. Had influenza A – still has symptoms
- Sinus infection – antibiotics
- Has changed everything on repro sheet
- Continuing with BV protocol