



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 9/6/22 Date of Birth: 15/12/76

Name: Amanda Dormer

Address: 2/77 Marine Pde, Elwood, 3184; normally lives in the USA (NYC)

Phone: 0480 299 859

Email: amandadormer@mac.com

Occupation:

Household Situation:

Children:

Referred By: Instagram

Other Drs:

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

## **MAIN QUESTIONS:**

1. A big question I have is about going back on the pill at 45 years old
  - my body had a really strong reaction to coming off it 2 years ago after being on it (with a few breaks) since I was 17
  - I am having regular sex at the moment so the contraception reasons would be valid
  - but I'm thinking mainly to control the monthly adenomyosis would love your opinion please
2. Also how to eat better for all my specific issues / gene profile / metabolic type etc.

## **PRESENTING SYMPTOMS / PROBLEMS**

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

- Adeno; menorrhagia – hasn't been tested properly gyny told her from an ultrasound years ago
- Heavy periods – is tracking 28 days; tampons super every two hours wears period days 2-4; then lighter towards the end;
- considering OCP; was



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- Bloating, constipation, blood in stool frequently (fissure)
- Food planning
- History sinus, allergies
- Nocturia
- Weight gain
- Increased hair loss
- Poor concentration
- Repro – history of abnormal pap smear, OCP, HPV, dyspareunia, dysmenoorea, thrush, vaginitis; current PMS, menorrhagia, painful breaksts
- Dental – history bruxism, gingivitis, root canal, fillings, tooth erosion and sensitivity
- Mercury x 3 and gold tooth
- Tongs at birth

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

0-10 years

10-20 years

20 onwards

## Personal History:

1994 – OCP (on and off but mostly on till 2020); pregnancy termination

1996 – pregnancy termination.

2007 – suspected endometriosis

2002 – gastroenteritis

2006 – gastroenteritis

2011 - fissure (chronic)

2015 - lichen sclerosis (first flare)

2020 - lichen sclerosis (second flare), ceased OCP; menorrhagia

2021 - anaemia, adenomyosis

## Family History:

father - dementia

mother - thyroid removal, sarcoma removal, osteoporosis

pop - diabetes/heart attack/bypass died

nana - dementia, died

grandmother - osteoporosis, cold (no medication order) died

grandfather - stroke

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

## **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:**

**Cravings:**

**Aversions:**

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**Medications and supplements**

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**Diet – See Over:**

- Black tea with whole milk 6-10 cups a day
- Granola with almond/coconut milk
- Egg/cheese/vegemite sandwich on sour dough
- Cashews / mixed nuts
- Match Lattes / Hot Chocolate both with whole milk
- Some kind of broth/soup with BBQ chicken & celery added
- Coconut plant based passionfruit yoghurt
- Sometimes I eat too much milk chocolate (not so bad at the moment)
- Sometimes I order a pizza/thai/pasta (not so bad at the moment)
- Sometimes I'll get a bacon/egg/cheese breakfast sandwich (once every 2 weeks)

I've literally done this for the last 14 days.

My issue is portions and over eating. Stress eating. Procrastination eating.

I end up drinking about 2 litres of whole milk every 5 days in my tea/beverage consumption.

I'm terrible at grocery shopping / meal planning & prep.

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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.  
27/6/22 60min



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- Has been doing recommendations only full swing for 10 days – still constipation
- Microbiome Map – strep, high zonulin, low commensals, high Gram neg bacterial overload
- VMP – urea + myco infection; high pH; zero commensals; positive for BV
- Se recommendations for protocols/referrals etc
- Has implemented all the dietary changes from last month, have advised to come off gluten for a while

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## 2. 19/7/22 30min

- US report - Deep infiltrating endometriosis, as described above.

Adenomyosis. Left ovary has restricted mobility with respect to the uterus and left uterosacral ligament

and non-tender. Possible thickened tube moving with the left ovary.

The uterosacral ligaments are thickened and tender.

- Hypoechoic retrocervical nodule of endometriosis
- Day 21 progesterone – 39
- TSH – 1.9
- Sodium – 139
- CRP – 2
- DHEAS – 1.6
- FSH – 7.5
- LH – 3.3
- ESR – 23
- Iron – 6
- Transferrin – 2.7
- Saturation – 9L
- Ferritin – 22L
- CA – 47 (>45)
- About to finish topical metronidazole & restart GI protocol
- Advised her to see proctologist before considering lap
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## 16/8/22. 60 min

- Energy better on less caffeine
- Now going to toilet every day
- Bruxism still issue – referred to yin yin for amalgam removal and soma
- Methylation and Pfeiffer profile

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## 3.

12/9/22

- Has had hard time doing supps at night
- Has lost 5kg



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- Thinks she has virus
- Thinks her mornings are improving esp with bloating
- Needs to sort urea/mycoplasma when in Sydney
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