



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 23/8/22 Date of Birth: 13/9/92

Name: Amelia Domenici

Address: 10/149 Old South Head Road, Bondi Junction NSW

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Occupation: Admin (psychology)

Household Situation: alone

Children: 0

Referred By: Sister – Elena Domenici

PRESENTING SYMPTOMS / PROBLEMS

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

- Hair loss
- Has lost 11kg since Dec; 5'3 currently weighs 51kg; exercise is making her tired, attributes it to her periods
- Trembling hands
- Factor V leidan - mutation of one of the clotting factors in the blood increases chance of clots
- GI – GERD, bloating, history GI polyps and IBS
- Adrenal fatigue presentation – generally in the morning and end of the day
- Allergies, shortness of breath
- Period – regular this year but 10 days pre period cramping needs painkillers; 6-7 days on heaviest days has to change every 2 hours regular pads; will clot 1st and 2nd day
- Sexually active – condoms, pain with sex – GP told her HPV was causing pain
- Oral health – peridontitis, had braces when she was in her teens then they put
- Having her wisdom teeth pulled x 4 very soon

Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:

2005 – anxiety/depression

2016 - HPV on pap smear

2017 - Uterine polyps, Infection in uterus (laparoscopy)



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2018 – Commenced OCP; GERD and gastritis in Thailand

2019 – Came off OCP

2021 – Factor V Leider

2022 – Periodontitis

General history - Menorrhagia, dyspareunia , oligomenorrhea

Family History:

Mother – anxiety/depression

Dad – kidney tumor, stroke, Diabetes II, anxiety/depression

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?



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

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



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1.

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