



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 20/4/22 Date of Birth: 28/5/89

Name: Amy Louise Southorn

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Occupation: Health & detox coach

Household Situation: partner

Children: 0

Referred By: Instagram

PRESENTING SYMPTOMS / PROBLEMS

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

- Adenomyosis – wants to have kids
- Stool analysis – low butyrate, high pathogenic bacterial load + high “bacterial fragilis” load, high beta glucuronidase,
- Bioceuticals nutrigenomics test, snps on B12 metabolism, Vit D, folate, transulfation, COMT, hormone receptor and thyroid,
- Energy – adrenal picture, exercise intolerance
- Reduce swelling & pain + phantom pains
- Anaemia
- Allergies – dust mites, pollen, animal hair, grasses; overall high IgE
- Mild acne + eczema
- Cycle – history amenorrhea + break thru bleeds, OCP for three years, malaise around day 21, PMS, dysmenorrhea, vaginal irritation/burning, vaginal thrush
- Period – avoids painkillers, heaviest day = 3-4 pads/day, super pad to bed; sometimes when she goes to the toilet a lot comes out
- History mood symptoms
- History insomnia
- Sober 12 years
- GF, DF, soy/sugar free, low histamine diet overall, low grain
- GI – history of fall symptoms
- Trauma – head (concussion), bullied at school
- Dental – bruxism, fillings x 1 (porcelain); historically high mercury levels from mothers amalgams and high intake in diet when she was younger
- Mould background – history cholestyramine, camping, not positive for HLA-Q, period clotting got worse with exposure



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Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:

1992 – Recurrent ear infections

1999 – Chronic cough (likely mould)

2004 – Post-exertion malaise (HHV-6?)

2009 – ME/ CFS

2014 – Lyme Disease; parasitic infection

2017 – Mould illness

2021 – Adenomyosis

Family History:

Father – CVD

Sister – ME/ CFS; severe dysmenorrhea, ovarian cysts, appendectomy

Grandmother – ME/ CFS/ PTSD

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



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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?

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:



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Height/weight _____
Goal weight _____

TREATMENT PLAN _____

DIET	SUPPLEMENTS	HANDOUTS
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FOLLOW UP

1. _____

- Better on protein in the morning but didn't like the nuut formulations
- Positive ureaplasma – referred for doxy
- Positive vaginal candidiasis
- Negative GI parasites
- Still has water exposure downstairs
-

2. 6/7/22

- Last period – flooding; feels over the last few months incrementally the pain is improving/ more tolerable
- Bloods – neutropenia
- TSH 2.0
- High normal thy antibodies
- D – 99
- Sodium 138
- Bicarb low 22 - Low bicarbonate levels in the blood are a **sign of metabolic acidosis**. It is an alkali (also known as base), the opposite of acid, and can balance acid. It keeps our blood from becoming too acidic. Healthy kidneys help keep your bicarbonate levels in balance.
- Progesterone day 19. (short cycle)– 69
- CA125 – 26
- B12 – 327
- High IgM 1.8 (0.4-1.6) – infection or mould? Was taken day 19 felt stressed
- Testosterone on lower side – stress related
- Iodine 1882 corrected by has been taking molecular iodine
- Blood mercury 33, she doesn't have mercury fillings but mum does; chlorella, DIM, ALA, DMSA but reacts to them with her sensitivity



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3.