



ALEXANDRA MIDDLETON
NATUROPATHIC NUTRITIONIST

PATIENT MOTIVATION PROFILE - FEMALE

Date 18/04/22
Name Amy Louise Southern D.O.B 28/05/89
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Occupation (current &/or previous) Health & Detox Coach
Who do you live with? My partner
Referred by Instagram

Other specialists being seen

(e.g. GP, gynaecologist, endocrinologist, natural therapist, Chinese herbalist, etc - please list names and contact details)

- I was seeing a naturopath at the health lodge. But stopped
- Nervous system & neuroplasticity coach Nadia Georgiou

Current health goals and/or concerns

1. Heal my womb (had adenomyosis diagnosis) & balance hormones
2. Improve energy & clarity
3. I feel above are impacting me most significantly. Reduced swelling & pain I will add!

Please list any other pre-diagnosed health conditions

- ME/CFS - 2009
- Lyme disease 2014
- Mould toxicity 2017
- Adenomyosis 2021

Current allergies (food, environmental, medication, etc)

Tend to have total IgE high

Dust mites - high

Pollen, animal dander & grasses moderate

Current diet (please list food you regularly eat/ foods you avoid/ foods you do not like or react to; how much water you drink and if it is filtered or tap)

Gluten, dairy, soy, refined sugar free.

Don't do well with grains, nuts & histamine.

Eat high fruit & veg diet with some animal foods

Please list any medications and/or supplements you are currently taking, including the reason for taking them, brand names and quantities/ dosages

Enzymedica digestive enzymes & betaine hcl 'Premier Labs' for gut

Designs For Health Probiotic

BodyBio E-Lyte, Concentrace, Designs For Health TriMag

Wild C. Vitamins C

Quicksilver Ultra - Binds - mould detox

Calcium D Glucosate - estrogen Zeslife also - histamine

Spleen - for iron

HEALTH HISTORY

FAMILY HEALTH HISTORY

Please list your family health history below, citing the condition and relevant family member (please note also if they died from the illness)

Grandma - ME/CFS / Nervous system issues / trauma

Sister - ME/CFS label / menstrual issues

Dad - Heart disease

Please chronologically list your health history timeline from birth to now, citing the approximate date, condition/diagnosis and treatment (including surgeries if applicable)

E.g. 2001 Hypothyroidism - prescribed thyroxine 30mg/daily which I continue to take;

E.g. 2012 Endometriosis - laparoscopy, no treatment post-surgery.

age 3 - 1992 ish constant ear infections - was going to need surgery but taken off dairy helped - antibiotics from young age.

1999 - Constant cough/run down (I suspect mould)

2004 - Post-exertional malaise, always run down, virus HHV6 likely

2009 - Severe crash told I had ME/CFS. Bed ridden & housebound most of my 20's. Unable to work.

2014 - tested pds for Lyme - natural but aggressive treatment

2017 - Realised I had lived in bad mould for likely a decade total.

Mostly natural treatment. Avoidance, binding & elimination

2021 - Adenomyosis

GENERAL HEALTH

Please put a 'Y' in the box if you current suffer from any of the following
Please put a 'X' in the box if you have experienced this problem in the past

GASTROINTESTINAL		RESPIRATORY		ENDOCRINE	
Constipation	X	Shortness of breath		Hyperthyroidism	
Diarrhea		Asthma		Hypothyroidism	
Bloating	X	Regular cough	X	Adrenal dysfunction	X
Flatulence	X	Sinus/nasal congestion	X	Diabetes I	
Indigestion	X	Post-nasal drip	X	Diabetes II	
Acid reflux/ heartburn		Hay fever		Weight loss	
Worms/parasites	X	Allergies	Y	Weight gain	
SIBO	X				
Polyps		NERVOUS		HAEMATOLOGY	
Bad breath		Adrenal fatigue	Y	Anemia (Iron)	Y
Mucous in stool	X	Chronic fatigue	Y	Anemia (B12)	
Blood in stool		Poor memory	X	Haemochromatosis	
Food in stool	X	Poor concentration	Y	Easily bruised	X
Itchy anus	X	Brain fog	Y	Frequent nose bleeds	
Laxative use		ADD/ ADHD			
Haemorrhoids		Learning difficulties		URINARY/ KIDNEY	
		Pins/needles	X	Kidney infection	
CARDIOVASCULAR		Headaches	X	Kidney pain	
High blood pressure		Migraines		Frequent urination	X
Low blood pressure	X	Tinnitus	X	Dark urine	
Metabolic syndrome				White froth in urine	
High cholesterol		IMMUNE		Get up for toilet during the night	X
Heart attack		Frequent colds/ flu/virus	X	Urinary Tract infection (UTI)	
Heart murmur	young X	EBV/ Glandular fever	HHV6 yes X	Cystitis	
Angina		Autoimmunity		Incontinence	
Arrhythmia		Cancer		Extreme thirst	
Poor circulation		HIV			
Cold feet	X	Thrush/candida	X	LIVER/ GALLBLADDER	
Cold hands	X	Swollen glands	X	Hepatitis	
Dizziness	X	Cold sores		Fatty liver disease	
Varicose veins		Styes	Many nearly X	Issue digesting fat	
				Sticky/mushy stool	X
HAIR		NAILS		Gallbladder removal	
Increased loss	X	Brittle		Poor alcohol tolerance	
Poor quality		Vertical ridges		Weight gain	X
Oily		Split easily			
Dry		Soft			
Dandruff					

Mould

Is mould yes!

SKIN		FEMALE REPRO		TRAUMA	
Dry		Abnormal pap smear		Physical abuse	
Oily		Adenomyosis	Y	Sexual abuse	
Rough		Amenorrhea (absent period)	X	Verbal abuse	
Itching	X	Anovulation	3 years	Broken bones	
Acne <i>Mild</i>	Y	Break thru bleeding	X	Head trauma	X
Psoriasis		Breast lumps (benign)		Accidents	
Eczema <i>mild</i>	Y	Contraceptive Pill	3 years	Divorce	
Dermatitis		Cystitis		Death of loved one	
Offensive odour		Ectopic pregnancy		Bankruptcy	
Poor wound healing		Endometriosis		Natural Disaster	
		Fallopian tube issues		Other <i>Poverty</i>	
		Fibroids		<i>Bullying & childhood</i>	
				<i>acholalic ad</i>	
SLEEP QUALITY				EMOTIONS	
Issues falling asleep	X	Flooding		Depression	
Issues staying asleep		Genital Herpes		Anxiety	X
Vivid dreams	Y	Genital Ulcers		Panic attacks	X
Nightmares		Genital warts/ HPV		Mood swings	
Snoring		Genito-urinary infections		Irritability	X
Sweating		Gynecological cancer		Chronic stress	X
Wake up hungry		Infertility		Anger	
Wake up tired	X	Irregular periods	X	Cranky skipping meals	X
		IUD/Mirena		Looping/ OCD	
		Low libido	X	Phobias	
ENERGY					
Good energy		Malformed womb			
Poor energy	Y	Miscarriage			
Need caffeine regularly		Ovarian Cysts		TOXIN EXPOSURE	
Energised at night <i>better</i>	Y	Ovulation pain		Cigarettes	
Post exercise fatigue <i>though</i>	Y	Pain on intercourse		e-Cigarettes	
Malaise <i>Mostly around</i>	Y	Painful periods	Y	Passive smoke	
<i>& day 21 period</i>		PCOS		Damp in home/work	X
MUSCULOSKELETAL		Pelvic Inflammatory disease (PID)		Recreational drugs	
Cramps	X	PMS	Y	Alcohol <i>Sobri 12 years</i>	X
Pins/needles	X	Smelly discharge		Chlorine pools	
Injury		Tender breasts	X	Garden pesticides	
Arthritis		Vaginal burning/irritation	Y	Fluoridated toothpaste	
Osteoporosis/Osteopenia		Vaginal thrush	Y	Tap water	
Disc issues		Vaginitis		Non-organic meat	X
Back pain				Processed/deli meats	
Shoulder/neck pain				Antibiotics	
Joint pain/ stiffness				Amalgam fillings	
				Non-organic skin care	
				Non-organic make up	
				Mainstream deodorants	
				Regular vaccinations	X
				Glues/fume/chemical/ gas exposure at work	

growing up yes!

childhood

DENTAL			EXERCISE		YOUR BIRTH	
Fillings	1x	X	Rarely		Normal birth	
Root Canal			Often		Tongs / Suction Cap	X
Abscess			Daily		C-section	
Tooth decay			Walking		Vaccinated	X
Tooth erosion			Running		Jaundice	
Tooth sensitivity/ aches			Swimming		Other issues	
Gum disease			Pilates			
Bleeding gums with floss			Yoga			
Bad breath			Gym			
Ulcers/ mouth sores			Other			
Braces/ Plates						
Clenching		X				
Grinding		X				
Sore neck upon waking						
Bite marks inside cheek		X				
Sore jaw	/	X				
Snoring						
Sleep apnea						

Is that
forcep? yes

ADDITIONAL INFO

Please list any other relevant information you would like to disclose below

I feel most of my symptoms now are linked to hormones & aders, as well as my nervous system & trauma.

The fatigue is most prominent & stubborn!

It worsens during menstruation, after (feel so depleted) & days 19-21 feel so exhausted.

The pain is significant but bearable as is the heaviness & clotting is present.

I would say my most significant concerns are:

- 1) fatigue post exert fatigue
- 2) Aders/PMS/Pain/swelling
- 3) Brain fog

I do have phantom pain show up, but I believe it is a learned response from my brain/trauma.

DIET DIARY

PAIN/ENERGY

DAY			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST		Green juice Smoothie - wild blueberries, Spirulina, barley grass, spinach goji, pea protein, chia, hemp	PAIN	Feel extremely 'hangover' histamine bucket Full!
			ENERGY	
SNACK		2 x brazil nuts left over apple crumble & chocolates		
LUNCH		Carrot & tahini		
SNACK				
DINNER		Whiting, red cabbage, sprouts, roasted pumpkin, capsicum, carrot, zucchini, tahini drizzle		
SNACK				

DAY				
BREAKFAST				
SNACK				
LUNCH				
SNACK				
DINNER				
SNACK				

Eat 100% organic bar avocados & Ayam 100% coconut cream

DIET DIARY			PAIN/ENERGY	
DAY			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
Thursday			PAIN	
BREAKFAST		Green juice - cucumber, lemon, grapefruit & ginger Normally have smoothie but busy	ENERGY	
SNACK		Left over steamed potatoes		
LUNCH		Left over chicken curry (basically juice & veg). Added chickpea, tempeh, rainbow chard. Side of sprouts & rocket.		
SNACK		Carrots & tahini (1 tbsp approx)		
DINNER		Local flathead in a little coconut oil & flour (coconut). Steamed broccoli, pumpkin		
SNACK		Piece of chocolate		

DAY				
Friday				
BREAKFAST		Green juice - cucumber, celery, lemon, apple & ginger. Smoothie - blueberries, pea protein, chia, hemp, barley grass, spirulina, spinach		
SNACK		carrots & tahini		
LUNCH				
SNACK		Brazil nuts x 3		
DINNER		Poached chicken breast salad, capsicum, eos, coconut aminos, aub, olive. A little piece of t-bone. Roast sweet potato		
SNACK		Shaved raw slices & ice cream at dinner party. Monday		

* I definitely feel terrible after nuts/cacao/cash
particularly prior to period areotrogen to rising

DIET DIARY			PAIN/ENERGY	
DAY Saturday			SCALE OF 1-10	
			BEFORE EATING	AFTER EATING
BREAKFAST		Green juice 500-750ml Organic GF sprouted bread 2x 1/2 avo, sunflower sprouts	PAIN	
			ENERGY	
SNACK		Loving earth choc x2 with partner. Cans buttons x 10 1x date		
LUNCH				
SNACK		2x oysters a few macadamias & almonds		
DINNER		Whiting fish - in coconut oil Roasted potato, pumpkin & sweet pot chips		
SNACK		A little Knox & Ayo & slices of raw slice		

A very unreg
weekend to
track!
Histamine
bucket gets
full!
Energy
decreasing.
Pain increasing

DAY Sunday				
BREAKFAST		Green juice Sprouted GF bread w avo, sprouts, cos side salad, tahini, amaranth	Energy & pain decreasing & increasing	
SNACK				
LUNCH		Had an Easter afternoon tea party. apple crumble, vanilla ice cream. Loving earth chocolate. Some other cake		
SNACK		a large mixture of foods.		
DINNER		Roasted kent pumpkin, zucchini, capsicum. Cos lettuce, grated carrot. Tahini - coriander		
SNACK				