



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 10/2/22 Date of Birth: 29/1/58

Name: Anita Schumann

Address: 18 Hill St, Queenscliff NSW 2096

Phone: (H) (W) (M) 0403246637

Email: clinic@anitasbeauty.com.au

Occupation: Beauty therapist

Household Situation: Husband and puppy

Children:

Referred By: Susie Moore

## **PRESENTING SYMPTOMS / PROBLEMS**

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

- Microscopic colitis/ IBD/ possible chrones
- Sinusitis, hayfever
- Food intolerances – gluten, amines
- Hypercholesterolemia
- Osteopenia
- GI – IBS, SIBO, history parasite
- Fatigue and good energy?
- Low BP
- Cold sores
- Mood swings
- Death of loved one (dad)
- Dental – fillings (has had amalgams past), root canal (multiple), past abscess, tooth decay, gum disease, tooth aches, bruxism
- Split sore tonight
- Rashes, rosacea
- October – ferritin and liver enzymes thru the roof, low sodium
- No taking statin as no plaque on arteries
- Menopause – last period 10 years ago, started 37 years old
- Used to see Kat Troup
- Parasite was after Mexico
- Adrenal fatigue picture



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

0-10 years

10-20 years

20 onwards

Personal History:

1958 – Born 6 week premature

1982 (approx.) - Ectopic Pregnancy, Oophorectomy, Endometriosis

2020 – parasitic infection, gastritis

2021 – microscopic colitis

General – Cataracts, amalgam fillings, bruxism, histamine intolerance

Family History:

Father – prostate cancer

---

**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?

---



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

**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:**

---

**Height/weight**  
**Goal weight**



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

## TREATMENT PLAN

---

### DIET

### SUPPLEMENTS

### HANDOUTS

## FOLLOW UP

---

- **10/3/22**
- Has been doing all the homework, has been feeling good except sensitive to some sort of food but can't pick it;
- Iodine – 54
- Coeliac genotype
- Cholesterol 9.7
- 17 high bilirubin
- B12 – 423
- DHEAS – 1.4
- D – 146 (UL = 140)
- Very low thy antibodies
- MMap – high zonulin, low IGA, blastocystis, strep and klebsiella overgrowth – referring to Simon
- Chickpea skins still aggravate her

---

2.

---

3.