



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

10TH FEB 2022

Dear Dr Linh-Li,

Re: ANITA SCHUMANN D.O.B. 29 JANUARY 1958

Thank you for seeing Anita who I met with today in regard to her ongoing issues with colitis, allergies, sinusitis, hypercholesteremia, osteopenia, and food intolerances.

Medical 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

In light of Anita's past and current symptoms, it would be beneficial for us to do a comprehensive review of her general health. As we would like to eliminate any aggravating factors, pending your review and approval I would appreciate it if you would please consider organising the following assessments:

- E2, FSH, LH, PRL, DHEA-S, Progesterone
- CRP, ESR
- FBC
- UEC, LFT
- Vitamin D3 (25-OH)
- Folate + B12
- Iron Studies (full panel)
- Fasting blood glucose, Fasting Insulin, IGF-1, HbA1c
- Fasting cholesterol profile
- Full TFT (TSH, T4, T3); thyroid antibodies
- Coeliac screen and gene profile
- Caeruloplasmin
- ANA/ ENA
- Immunoglobins

NB: Previous pathology October 2021 - extremely elevated liver enzymes and ferritin levels.



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If there are any assessments you aren't comfortable ordering above please let me know and I can refer Anita for private testing instead.

Thanks again and I look forward to working together with you for Anita's health. Please do not hesitate to contact me.

Yours sincerely,

Alexandra Middleton