



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 17/3/22 Date of Birth: 27/11/98

Name: Annie Goryunora

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Email: goryunova.annie@gmail.com

Occupation: Sales consultant at VW

Household Situation: 2 x room mates

Children: n/a

Referred By: Google

PRESENTING SYMPTOMS / PROBLEMS

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

- Goals, improved energy, improved pain, weight loss, less nausea
- Feels she's always had health issues, but most recently its been happening since Dec 2021; nausea, fatigue and dizziness and pain severely worsened; moved in October 2021
- CIRS/ mycotoxin presentation
- Botox in forehead
- Avoids meats, dairy
- GI – bloating, diarrhea, constipation (IBS, history reflux; varies week to week; had gastoretnieritis in fiji
- Shortness of breath; hayfever
- Nervous system – CFS, poor memory and concentrations, migraines
- Kidney pain + frequent urination, extreme thirst, history UTIs
- Generally swollen glands
- Dental – tooth sensitivity, fillings, bruxism, sore jaw/neck/shoulders
- Very sore wrists and feet
- Period – history irregular, PMS, didn't get her period til she was in year 12 (prob eating disorder); lately period has been more erratic (5-10 days), 4 day period, super on the first day will use 4-6 tampons
- Joint pain, stiffness, disc issues, cramps, pins/needles/injury?
- Sleep issues, night sweats, unrefreshed in morning
- Needs caffeine – 3 LBs a day
- Post exercise fatigue
- Tap water
- Heavy recreational drug use



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- GP Dr Pam Goodwin

Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:

2013 -17 Depression, anxiety, eating disorder

2018 – psychosis/ manic episode

2019 – gastroenteritis in Fiji; bulging disc in back

2021 – moved into moldy house / potential mould allergy

Family History:

Mother – hypothyroidism

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?



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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



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TREATMENT PLAN

DIET

SUPPLEMENTS

HANDOUTS

FOLLOW UP

1.

17/5/22

- Has moved out of the apartment – feels better already
- Sending me blood results.
- ON/off coffee
- Hasn't been consistent
- Couldn't handle powders – going to recommend supplements
- Referred to Kim
- Referred to Yin Yin Teoh
- CA125 – 13 (day 4)
- Ferritin 166 (inflamed)
- Thyroid 2 in 2021 now 1.7 in 2022
- ESR 8
- CRP >4
- Positive EBV antibodies (1-3 months ago)
- Missing – coeliac genotype, all hormones on correct days, CA125 on day 21, thyroid antibodies, caeuroplasmin – to do with pfeiffer profile post GI protocol

2. 27/6/22

- One moth into GI protocol - has been constipated last week but hasn't been eating the best
- Not going to continue with shakes too cold for winter

4/8/22

- Has been in routine for 2 weeks
- Breakfast – omelettes with capsicum and tomato
- Has gone GF but not eating a lot of bread
- Lunch and protein – protein & vege
- GI supps –
- Has just moved out of home and can't afford a lot of supps
- VISA 4239 530071556576 exp 04/24 CVV 364

3.