



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 14/2/22 Date of Birth: Sept 10, 1987

Name: Britney Robson

Address: 6 Watkins road, Avalon Beach 2107

Phone: (H) (W) (M) 0404 404 095

Email: Britneykrobson@gmail.com

Occupation: Hair stylist & colorist/ business owner

Household Situation:

Children: 0

Referred By: Emma Berry

## PRESENTING SYMPTOMS / PROBLEMS

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

- 3 miscarriages – worked with Genea, to get NK biopsy
- Preconception
- Mild endo Endometriosis – silent, laparoscopy (20/1/22) as high antibodies, repro immunologist high T cells
- Period history – 2 days before period “period flu”
- SIBO, bloat, constipation, food in stool – goes most days, history of gastro in india and bali
- Adrenal presentation – feels has been same for last 5 years, has lost a lot of hair, wakes up feeling hungover
- Poor alcohol tolerance & weight gain
- Dry skin
- Low libido
- MTHFR
- Allergies – Dairy, gluten, chemically sensitive
- Chemical fumes from work
- Bruxism –
- Pfizer vaccine

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

0-10 years

10-20 years

20 onwards

Personal History:

2011 – tonsillectomy



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2019 – Lipoma removal (ribcage)

2021 – miscarriage (D&C) x chemical preg in april, july miscarriage 7 weeks, chemical pregnancy August

## Family History:

Mother – hypercholesteremia, IBS, stillbirth

Maternal Grandmother – uterine + breast cancer

Paternal grandmother – endometriosis (?), miscarriage

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## Family History – CVD, cancer, diabetes, etc

## Sleep

**Energy Levels** – scale of 1-10, slumps, moods?

NAC

NAD +

Ubiquinol

Naturobest prenatal

B12 spray

Vitamin D spray

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**Water:** 2L

**Tea / Coffee / Cola:**

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**Allergies:**

**Cravings:**

**Aversions:**

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**Medications and supplements**

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**Diet – See Over:**

Breakfast

Egg muffin x 2

Eggs, ham, gr. Onion, gr. Pepper, spinach,

Protein ball

Veg. Protein powder, psyllium husk, see seeds, chia seeds, peanut butter, shredded coconut

Lunch



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Red cabbage, dandelion greens, cucumber, red pepper, radish, roasted almonds, avo with quinoa and salmon

Dressing lime, gf soy, ginger, garlic, vinegar

Snacks rice cake and taramosalata

Dinner

Roasted chicken wings, roast potato, veg. Caesar salad

Rice cake with carob

Day 2

Same breakfast and lunch

Dinner

Sashimi, sushi roll, miso eggplant, sw. Potato temp, glass of white wine

Day 3

Same breakfast and lunch

Subbed salmon for chicken

Snack

Olives filled with almonds

Plantain chips

Dinner

Steak, kale salad w/ chickpeas

Day 4

Same breakfast and lunch

Snack

Brownie bliss ball and seaweed

Homemade pizza

Marty's base, tom sauce, veg, artichokes, olives, turkey

Day 5

Gf toast x 2 w/ peanut butter and banana

No lunch

Decaf coffee w/ coc milk

Chips and guacamole

Dinner

Roast chicken thigh, salad, potatoes

Glass of red wine



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**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?

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**General Health:** Headaches/Migraines, dizziness/vertigo, tinnitus, hay fever /allergies, sinus/swollen glands, Colds/flu's per year, recovery, Asthma/SOB? Drug use? Smoking?

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**Urinary:** Thirst, nocturia, cystitis, incontinence, thrush, kidney infections?

N/A

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**Female Repro:** Periods/Cycle, bleed/clots, PMS, sore breasts, bloating, moods, constipation/diarrhoea, Pap smears, infections, discharges, contraceptive method?

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**Male Repro:** Infections, hernias, swellings, impotence, libido?

N/A

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**Cardiovascular:** Heart problems, blood pressure, chest pain, palpitations, varicose veins, easy bruising?

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**Musculo-skeletal:** Cramps, pain, pins and needles, weak/numb, arthritis?

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**Skin:** Acne, eczema, psoriasis, infections, itching?

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**Lifestyle:** Exercise, relaxation, job satisfaction?

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**Emotions:** Anxiety, depression, mood swings?

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**Physical Examination:**

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Height/weight \_\_\_\_\_  
Goal weight \_\_\_\_\_

TREATMENT PLAN \_\_\_\_\_

DIET SUPPLEMENTS HANDOUTS

## FOLLOW UP

1.

19/4/22

- Got covid but is vaxxed, still sore throat, heavy head, body aches
- Had another pregnancy loss two weeks ago
- Mercury poisoning, thyroid antibodies and high iron and saturation in Dec blood results
- Referred to Emmanuel Varapatis to discuss chelation
- Referred to Bill for fertility options

2. 16/5/22

- Methylation profile – good, no issues
- VMB – borderline gardinerella, low lactobacillus, possible candidiasis
- Pfeifer – Vit D 132, high free copper, low normal histamine – recommending MolyZinc
- Seeing Prof Ledger tomorrow
- Saw another Dr – did hair analysis test and urine test without DMPS or DMSA
- Still do a microbiome profile

3. 14/6/22

- Did DMSA challenge with Dr Varapatis, results still to come in
- Emmanuel advised even one round of the dmsa will benefit the IVF
- Going to do IVF, take a break., clear oestrogen, chelate mercury then do transfer after
- Going to do vaginal lactulose

3/8/22

- DMSA results – finding out today
- First round of egg collection 3 weeks with Bill, one embryo no PGTA testing started with 7 embryos, ended up with one... on day 5 grade of embryo was A but outer cells weren't great... on day 6 they would either improve or decline (in which case it wouldn't be viable)
- Bill put her on DHEA 25mg TID
- Transfer third week of august