



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 15/6/22 Date of Birth: 28/1/1988

Name: Chloe Baker

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Occupation: student

Household Situation: Share house

Children: 0

Referred By: IG

PRESENTING SYMPTOMS / PROBLEMS

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

- Endo – pain, fatigue
- Fatigue – worse since Australia
- Wakes up 6am, gets up at 7am snoozing, exhausted,
- Brain fog
- Pescatarian and DF
- Chronic hypotension
- Amalgam fillings 1-2x
- GI – bloating, wakes up with a flat stomach dependant on what and how much she ate
- Swollen glands with fried foods; sick in India
- Cycle – 26 average, bleeds for 5 days, heaviest day first day goes thru heavy tampons on that day will go thru 3 tampons, big clots
- Cant drinks past 5pm unless she wantst o be up during the night – otherwise needs to go once in the night and has problems going back to sleep
- Drinks + takes recreational drugs but is trying to stop
- Antidepressant – Citalopram 10mg
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Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:



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Family History:

Family History – CVD, cancer, diabetes, etc

2008 - PCOS - - No treatment

2009 – OCP

2011 - ectopic pregnancy – laparoscopy; endometriosis, fallopian tube removed

2018 Laparoscopy

2019 – came off OCP

2020 - Colposcopy - Lletz – CIN III

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?

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?

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 _____

TREATMENT PLAN _____

DIET

SUPPLEMENTS

HANDOUTS



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FOLLOW UP

1. 27/7/22

- MMap- low commensals, candida infection, strep., psuedomonas overload, parasite = entamoeba coli., low IgA
- Energy has improved
- Only sleeping 6 hours, thinks its stress
- Anxiety, insomnia and heart palpitations – mould in house?
- Has swapped toothpaste and is flossing
- Send candida sheet and protein sheet & recipes + results
- Toxaprevent

2. 6/9/22

- Has had bad 2 days with pain – had been partying so expected
- Four weeks into the GI protocol – has noticed energy is getting better as the day goes on
- Had sugar/dairy free cake and thinks gluten flared her
- Still not gotten dehumidifier and air purifier
- Did enema but not with Vera and then was sore

3.