



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 13/1/21 Date of Birth: 10/4/81

Name: Elena Domenici

Address: 14 Woodvale Ave, North Epping 2121

Phone: (H) (W) (M) 0411446214

Email: e.domenici@hotmail.com

Occupation: Business analyst

Household Situation:

Children: 1 and 1 on way

Referred By: Aubrey

## PRESENTING SYMPTOMS / PROBLEMS

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

- Pregnancy support
- Bruxism
- Low BP
- C section with her baby 18 month old, pregnant again
- Weeks = 14 weeks
- Benign breast lumps
- Wakes up tired and hungry
- History Dermatitis
- Poor energy
- Anxiety/panic attacks
- History broken bones
- Issues staying asleep
- Mucous and nausea with morning sickness
- Toilet 3x night
- Caffeine and alcohol free

---

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

0-10 years

10-20 years

20 onwards

Personal History:



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

Family History:

Father - Factor V Leiden (FAK-tur five LIDE-n) is **a mutation of one of the clotting factors in the blood**. This mutation can increase your chance of developing abnormal blood clots, most commonly in your legs or lung

---

**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?

---

**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?



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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**

**FOLLOW UP**

---

1. 10/3/22

- B12 – 184
- RBC slightly low



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

- D – 76 (has only been doing one pump)
- Going to do VMB

**28/4/22**

- VMB – BV, low good commensals, pH high average
- Recommend BV protocol
- 

---

2.

---

3.