



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 22/3/22 Date of Birth: 6/12/91

Name: Emma Carlon

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Email: carlon@live.com.au

Occupation: assistant

Household Situation: housemate

Children: 0

Referred By: Soji Swaraj

PRESENTING SYMPTOMS / PROBLEMS

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

- Cognitive problems - cant concentrate, cant focus, I slur my words at times. I know I'm on the spectrum of inattentive ADD. I tried the stimulants but they made me too anxious
- **Chronic fatigue**. It's in remission at the moment. I get faint and dizzy at times – POTS??
- Terrible anxiety, hair loss, low sex drive, discharge
- Intolerant to legumes, cow dairy, gluten
- Most GI symptoms including blood in stool in the stool had colonoscopy only had removed polyps – gets worse during the day, regular bowels, visiting a lot of asia growing up and can't remember any gastro episodes
- CFS/adrenal picture
- OND/ congestion
- White froth in urine
- Frequent cold/flu
- Swollen glands Hair loss
- History of mould exposure
- Poor alcohol tolerance
- History physical abuse
- Skin – itchy arms, offensive odour, poor wound healing
- Period – irregular, break thru bleeding, fibroids, flooding, PMDD, ovulation pain, smelly discharge, tender breasts, occasional thrush, clots



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- Energy improved with mirena but sex drive got worse
- Progesterone helped sex drive but made her groggy
- History accidents but doesn't recall head trauma – horses, quad bike
- Follows loose paleo diet
- Chronic anxiety, depression, OCD/looping
- Wasn't breast fed
- Dental – fillings, bruxism, gingivitis, has wire, snoring sometimes
- Blows green out of nose
- No libido
- Wakes up with jolt
- Progesterone 8.3 in 2020
- TSH 0.9
- Anaemic
- Negative ANA
- D – 67
- DHEA-S – 2.4 but sodium 134 in 2021
- Low protein in blood
- 5'10, 74 kgs
- Vaxxed – AZ x 2
- Valdoxan has made her focus better

Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:

1997 – Tonsillectomy

2012 – FESS + septoplasty x 2

2015-19 – Mirena for menorrhagia

2016- 2019 – Velfaxen

2022 - Valdoxan

Childhood history – repeated horse and bike accidents, unrecognized CFS

Family History:

Both grandparents- Hyperthyroidism

Mother- Hypothyroidism

Older sister- Hypothyroidism

Father- nephrotic syndrome

Family History – CVD, cancer, diabetes, etc

Sleep

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

Generally good



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Water: 3 glasses a day

Tea / Coffee / Cola:

Allergies: Morphine

Cravings:

Aversions:

Medications and supplements

Diet – See Over:

Monday 14th
Short black 750ml water
750ml water
NutriBullet- spinach, 2scoops protein powder, blueberries, coconut milk
Paleo bar
Cabbage, fennel, carrot, coriander salad, pulled pork
Vegetables coconut curry
Lindt dark chocolate squares- half a block

Tuesday
750ml water
Short black
NutriBullet

Short black
Nectarines
Eggs cups/wine

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Wednesday
Short black
2 mini vegetable frittatas

Paleo date/cashew bar
Almond milk late

Cabbage, fennel, carrot, coriander salad, pulled pork

One mentos/ English breakfast tea with cows milk

Grilled vegetable wrap on gluten free bread with goats cheese
7pm Dark chocolate

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Thursday
750 water
750 water

NutriBullet
Tea
Paleo bar/ short black

Grilled vegetable avocado wrap on gluten free B free bread

Gluten free, beetroot, spinach, goat cheese tart,

Slice pizza

.....
750ml water
NutriBullet
Cup of tea with honey
Small almond milk latte

Pear

Beetroot/spinach/ goat cheese tart/

Health lab bar

Grilled vegetable wrap with goats cheese, on GF wrap and mayo

...
Bacon and eggs
2 coffees

Beef vegetable stew
Chocolate

Gluten free dumpling and greens

....
Bacon eggs avocado goats cheese
Tea
2 short blacks

Sweet potatoes Shepard a pie

Gluten free dumplings with greens

chocolate

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

26/5/22

- DHEA-S – 2.8
- Progesterone 1.9
- Low printe, hig albumin and globulin
- Gilberts syndrome
- Iron 21.5, ferritin 67
- CRP 0.4
- Vit D 144
- Hypoglycaemic
- Slightly high GH
- CA-125 – 12
- Low androgens
- B12 535
- ESR 12
- Bloods taken 23/4 which was day 2, then progestserone 12/ 5 (day 21)
- Did the antibiotics over easter long weekend last day was 21/4
- Needs PCR retest mid June
- Still has wind – could be parasites
- Needs to see endo gyny
- Very likely adrenal fatigue
- Needs retest for stool – started antimicrobials in the meanwhile
- Energy and sugar cravings greatly improved
- Thinks period is delayed post covid

2. 23/8/22

- PCR neg for parasites June 2022
- Thyroid nodules - did US and biopsy, undecide if its benign or not
- Prometrium has improved libido and anxiety; has never had period pain
- Doing hypnosis course
- Still getting discharge – brown/red, intermittent – prob progesterone deficient
- Might feel better on DHEA? Need to ask soji
- Going to complete VMP

3.