



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 9/12/21 Date of Birth: 13.10.1988

Name: Gemma Fitzgerald

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Email: gemmamayfitzgerald@gmail.com

Occupation: Artist

Household Situation: husband

Children:

Referred By: Madi Boud

## PRESENTING SYMPTOMS / PROBLEMS

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

- Fertility – just starting to try..
- Painful period – go for 5 days, uses period pants, not heavy just painful; averages 25-27 days; cycle PMS emotional, tender breasts, high nurofen intake
- Trying for pregnancy
- Psoarisis
- Vaccinated with Az in November
- GI – bloating mild – thinks its wheat related
- Adrenal F presentation
- PMS – mood swings, irritability
- Snore, mouth ulcers – brux?

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

0-10 years

10-20 years

20 onwards

Personal History:

2006 – acne; OCP

2010- Stopped OCP

2018 – Dysmenorrhea

2020- Chest pimples,, dandruff, psoriasis, mouth ulcers

2021 – quit alcohol, PMS/period improved



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Family History:

Mother – asthma, Dysmenorrhea  
Grandmother - cancer

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

**Sleep** good

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

Generally good

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**Water:** 3 glasses a day

**Tea / Coffee / Cola:**

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**Allergies:** Morphine

**Cravings:**

**Aversions:**

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**Medications and supplements**

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**Diet – See Over:**

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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?



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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 \_\_\_\_\_

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

**DIET**

**SUPPLEMENTS**

**HANDOUTS**

**FOLLOW UP**

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1.

10/2/22



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- Ultrasound: The pelvic structures are mobile and there is no obvious evidence of endometriotic nodules. Superficial endometriosis cannot be entirely excluded, particularly within the presence of a hydrosalpinx, which may account for the dysmenorrhoea – needs hycosy
- Energy has increased on supps
- FSH 16.1
- LH 5.6
- Progesterone day 21 – 40
- SHBG high 128
- Iron 15.2
- Ferritin 101
- CRP 2
- Positive coeliac gene
- AMH 2.7L (4.1-58)
- B12 354
- ANA Neg
- IgG high 11.4
- ESR 4
- CA 125 – 7
- Referred to Yasmin Tan re potential hycosy, also to re-do bloods

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2.

16/3/22

- Jasmin Tan 20/4
- Feeling a lot better, PMS has disappeared
- Loving Jane's herbs
- HAS BEEN DOING OVULATOIN STICKS – last month was definitely on

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3.

Note from Jane 5/4/22

Gemma B

Seeing some progress with fewer meds taken during the last period and a better, fresher menstrual flow.

No lower back or leg pain during the period.

It will be good to see what the surgeon says about her hydrosaplinx.

These are her current herbs.

Xiao Yao San (XYS) is a formula for moving Liver qi (Chai hu, Bai shao, Dang gui, Bai zhu, Fu Ling, Dan pi, Gan cao, sheng jiang) - and is a useful one to build on for both these patients.

XYS 60g

Plus



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Di long 9  
Xiang fu 9  
Cang zhu 9  
Xu duan 12  
che quan zi 9  
Zhi ke 3  
Huang bai 9  
Dan shen 9

## 6/5/22

- Easter gastro – vomiting 24 hrs
- Period late Day 37
- Getting new bloods tomorrow at Southern IML
- Update with Dr Tan – booked hycosy for next week
- MMap and VMD to order