



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 13/4/22 Date of Birth: 9/4/1999

Name: Georgette Archer

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Occupation: manager womens fashion e-commerce

Household Situation:

Children:

Referred By: Jemma McGreachie

PRESENTING SYMPTOMS / PROBLEMS

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

- Surgery May 17
- Adeno & Endo – D.I.E. and uterosacral ligaments
- IBS – bloating, constipation/diarrhoea, bad breath; related to cycle; had colonoscopy came
- Dyspareunia
- Dysmenorrhea
- Heaviest day of period – super day every 3 hours
- Vaginal thrush – cyclical
- Back pain, joint pain, cramps
- Hayfever
- Headaches
- CFS
- Dandruff
- Poor alcohol tolerance
- Dry skin, history psoriasis
- Chronic stress, irritability
- Laparoscopy
- Hemochromatosis
- Allergic – dust, fragrance, sulfates, alcohol
- About to switch from vissane to a mirena – was inserted with surgery for contraception
- Gingivitis, fillings, tooth sensitivity, root canals, bruxism
- Chronic stress from work and study since she was 17



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Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:

Family History:

Mother – heart attack

Maternal grandfather – prostate cancer

Maternal aunt – breast cancer

Maternal uncle – melanoma

Paternal grandmother - CVD

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?



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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

1.

11/5/22

- Feeling so much better in NUUT and supps – bathroom and energy has been more consistent
- Bleeding gums has stopped
- Needs – infective panel, methylation test
- Has found mould in house – higher IgG's
- Vitamin D 66
- Need T3, T4, antobdoies
- CA125 – 3???
- Positive coelaiac genptype
- ANA – 160
- High FSH
- DHM lost progesterone – needs retesting

2. 2/6/22

- Week 2 post recovery
- High zonulin despite gluten free – needs gut restoration
- Gram negative bacteria – Citrobacter needs 2-3 months
- VMB – candida, borderline bacterial vaginosis
- Super low copper and histamine – amine diet?

3. 13/7/22

- IBS has improved – going every day;
- Dehumidifier collecting 30L a day
- Feels much better off amines & fragrance
- Referred to kim
- Going to start GI protocol but wait on VM protocol another few months

19/8/22

- Started GI protocol – prob 6 weeks in, no problem...
- Doing well
- Doesn't like the bee pollen
- Starting star dust powders

20/9/22

- Feeling even better than last time, best in a year energetically – thinks the ubiquinol is helping the most



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- Recent sinusitis – has been using local steroid spray;
- Referred to jane and yin yin