



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 10/5/22 Date of Birth: 28/4/62

Name: Jan Benson-Sattout

Address: 38 McMillan CCT, North Kellyville NSW

Phone: 0407431048

Email: JBen6001@bigpond.net.au

Occupation: Lawyer

Household Situation: husband

Children:

Referred By: Jane Lyttleton

PRESENTING SYMPTOMS / PROBLEMS

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

- GI – historically pale stools, sometimes very dark; has been constipated since high fibre diet has been constipated, sometimes goes 2-3 days has been using senna; IBS, historical GERD, blood in stool
- Constant anxiety and heart racing at night
- Nocturia
- Weight worries – 4'11, 53-55kg
- History coldsores
- Major sleep issues
- NAFLD
- Liver
- Anal bleeds – fissures?
- Allergic sulphur, penicillin, tetracycline
- Dermatitis
- Issues with sleep
- History -endo
- Shoulder neck pain
- ESR – 10
- CRP – 1.4
- High ALT & GGT
- B12 – 634
- CA-125 4
- Cover booster severely inflamed liver
- Doesn't give eye contact in meeting, 4 on enneagram?



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

- Takes Vitamin D and fish oil
- Bruxism – sore shoulder and neck
- Dental – amalgam fillings, multiple

TCM formula:

Chai hu 9

bai shao 9

Xiang fu 9

zhi ke 6

fo shou 3

shan zha 6

he huan pi 9

Dan shen 9

gan cao 3

Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:

1982 – endometriosis

1997 – Hyperthyroidism; thyroidectomy

1998 - shoulder joint capsulitis

2001 – prophylactic mastectomy

2021 - gastrointestinal

2022 – liver cysts (MRI), NAFLD

Family History:

Mother – CVD

Father – lung cancer

Sister – breast cancer

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



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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?

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?



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

Emotions: Anxiety, depression, mood swings?

Physical Examination:

Height/weight _____
Goal weight _____

TREATMENT PLAN _____

DIET

SUPPLEMENTS

HANDOUTS

FOLLOW UP

1.

7/6/22

- Best MMap I've ever seen – just needs probiotics
- Hasn't done CAR results
- GP rang her and said liver function is normal; positive
- Needs second opinion – has been told she has liver cirrhosis but no signs of it on pathology, liver enzymes normal
- Has dropped thyroxine to 100/75 alternating days; still constipated
- Sending to yin yin

2. 5/7/22

- Blood mercury – 7
- Corrected iodine – 257
- CRP >4
- Glucose 4.9
- Normal cholesterol, prolactin
- B12 – 573
- Low circulating iron and transferrin but high ferritin – protein deficiency, inflammation
- Normal Immunoglobulins
- CA125 – 5
- Insuline normal 5 (<10)
- Sodium 136
- Potassium 3.5 (3.6-5.4)
- Chloride 96 (95-110)
- Low urea and creatinine (mild – dehydration or protein loss?)
- Normal sex hormones and immune panel



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

- MCV low – more folate
- SHBG 180 (20-188, result >180)
- Adrenals 3.5
- ESR 2
- Low TSH of 0.08 (0.5-4.0), high FT4 22 (10-20) low normal Ft3 4.9 (3.5-6.0) – GP has adjusted dose and now okay
- Heterozygous for coeliac gene
- Sleep has improved, feels generally 100% better, less anxiety
- Has been cramping when doesn't take eLyte
- Dr told her she had mild sclerosis on heart
- Seeing cardiologist on 12.7
- Then liver specialist week after

3.

- TSH – 0.33
- T4 – 16.7
- T3 – 3.9 (2.6-6)
- Reduced oroxine thyroid is settling slightly elevating TSH
- Cholesterol – 5.8, LDL – has gone from 3.1 to 3.8 in two years
- BMI has become too low, liver specialist told her to stop fasting
- Doing stress test with cardiologist next week
- Still being very neurotic about her health but insists she isn't anxious anymore since reducing oroxine (!!)
- Said her stress is 360 better since starting to work with me
- Still to book in with Yin Yin and sort out amalgams

July 22

- TSH 0.47

16/8/22

- Yin took 2 x-rays, always angry at someone
- Going to remove amalgam later in august
- See recommendations

7/9/22

- High free copper
- D – 51
- Histopenia – B6, zinc
- TSH 0.47 -potential cause of weight loss?
- Low lymphocytes – cause/ neutrophils normal