



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

PATIENT MOTIVATION PROFILE – FEMALE

Date 4.5.22
Name JAN BENSON - SATTOUT D.O.B 28.4.62
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Occupation (current &/or previous) LAWYER RETIRED
Who do you live with? HUSBAND
Referred by _____

Other specialists being seen

(e.g. GP, gynaecologist, endocrinologist, natural therapist, Chinese herbalist, etc – please list names and contact details)

JANE LITTLETON - 9332 1677 (HERBAL PRESCRIPTION 1 tea x 2 day)
DR SANDANAYAKE - NSPM 94397575
(GASTRO) & ARROGANT PIG

Current health goals and/or concerns

1. WHAT MY WEIGHT SHOULD ACTUALLY BE FOR MY HEIGHT. 4'11 5/8
2. AN ONGOING EATING PLAN TO MAINTAIN IT, & KEEP MY LIVER AS UNINFLAMED AS POSSIBLE
3. I'VE PROBABLY AVERAGED BETWEEN 53 - 55 Kg OVER THE PAST 20 YEARS.

Please list any other pre-diagnosed health conditions

HISTORY OF ANAL BLEEDS - LIKEY FISSURES (NEVER ACTUALLY SEEN)
LAST COLONOSCOPY - SMALL POLYP REMOVED
(FIRST ONE EVER FOUND)

Current allergies (food, environmental, medication, etc)

SULPHUR DRUGS, PENICILLIN
TETRACYCLINE

Current diet (please list food you regularly eat/ foods you avoid/ foods you do not like or react to; how much water you drink and if it is filtered or tap)

NO RED MEAT FOR 2 YEARS (NEVER ATE FATTY MEAT EVER)
COLD CUTS / HAMS ETC. (I LOVED LOVED HAM UP UNTIL 2 YEARS).
EAT ONLY CHICKEN & FISH (ONLY GRILLED)
DONT LIKE COCONUT OILS - TOO RICH - COULD NEVER DO PALEO!
LOVE AVOCADO & PROB ATE TOO MUCH ON TOAST OR IN SALAD
Please list any medications and/or supplements you are currently taking, including the reason for taking them, brand names and quantities/ dosages

OROXINE 100mg daily
VIT D WHEN I REMEMBER
OCCASIONAL MULTI

BIGGEST DOWNFALL IS
CARBS - PREDOMINATELY
BREAD - SOURDOUGH
I CAN LIVE WITHOUT RICE &
PASTA. BUT
I LOVE HOT CHIPS & I
MOURN NOT HAVING THEM
ONCE A WEEK.

HEALTH HISTORY

FAMILY HEALTH HISTORY

Please list your family health history below, citing the condition and relevant family member
(please note also if they died from the illness)

| | | |
|---------------|--------------------------|--------|
| SISTER | 62 | LIVING |
| MOTHER DIED | CONGESTIVE HEART FAILURE | age 85 |
| FATHER | LUNG CANCER (SMOKER) | age 55 |
| SISTER (AUNT) | BREAST CANCER | age 55 |

Please chronologically list your health history timeline from birth to now, citing the approximate date, condition/diagnosis and treatment (including surgeries if applicable)

E.g. 2001 Hypothyroidism - prescribed thyroxine 30mg/daily which I continue to take;

E.g. 2012 Endometriosis - laparoscopy, no treatment post-surgery.

1982 ENDOMETRIOSIS - LAPAROSCOPY, NO TREATMENT (AGE 20?)
1997/8? HYPERTHYROIDISM - TOTAL REMOVAL. OROXINE 100mg daily
2001? PROPHYLACTIC MASTECTOMY - DENSE TISSUE (MY CHOICE)
1998 CAPSULITIS IN SHOULDER JOINTS. L & THEN R
AFTER INJURY.

GENERAL HEALTH

Please put a 'Y' in the box if you current suffer from any of the following
Please put a 'X' in the box if you have experienced this problem in the past

| GASTROINTESTINAL | | RESPIRATORY | | ENDOCRINE | |
|------------------------|----|---------------------------|----|------------------------------------|----|
| Constipation | YX | Shortness of breath | X | Hyperthyroidism | X |
| Diarrhea | | Asthma | X | Hypothyroidism | |
| Bloating | X | Regular cough | | Adrenal dysfunction | |
| Flatulence | X | Sinus/nasal congestion | | Diabetes I | |
| Indigestion | X | Post-nasal drip | | Diabetes II | |
| Acid reflux/ heartburn | X | Hay fever | | Weight loss | |
| Worms/parasites | | Allergies | | Weight gain | |
| SIBO | | | | | |
| Polyps | X | NERVOUS | | HAEMATOLOGY | |
| Bad breath | | Adrenal fatigue | | Anemia (Iron) | |
| Mucous in stool | | Chronic fatigue | | Anemia (B12) | |
| Blood in stool | X | Poor memory | YX | Haemochromatosis | |
| Food in stool | | Poor concentration | | Easily bruised | |
| Itchy anus | | Brain fog | | Frequent nose bleeds | |
| Laxative use | | ADD/ ADHD | | | |
| Haemmoroids | | Learning difficulties | | URINARY/ KIDNEY | |
| | | Pins/needles | | Kidney infection | |
| | | Headaches | | Kidney pain | |
| CARDIOVASCULAR | | Migraines | | Frequent urination | |
| High blood pressure | | Tinnitus | | Dark urine | |
| Low blood pressure | X | | | White froth in urine | |
| Metabolic syndrome | | IMMUNE | | Get up for toilet during the night | YX |
| High cholesterol | YX | Frequent colds/ flu/virus | | Urinary Tract infection (UTI) | |
| Heart attack | | EBV/ Glandular fever | | Cystitis | |
| Heart murmur ? | | Autoimmunity | | Incontinence | |
| Angina | | Cancer | | Extreme thirst | |
| Arrhythmia | | HIV | | | |
| Poor circulation | | Thrush/candida | | LIVER/ GALLBLADDER | |
| Cold feet | | Swollen glands | | Hepatitis | |
| Cold hands | | Cold sores | X | Fatty liver disease | YX |
| Dizziness | | Styes | | Issue digesting fat | |
| Varicose veins | | | | Sticky/mushy stool | |
| | | | | Gallbladder removal | |
| HAIR | | NAILS | | Poor alcohol tolerance | |
| Increased loss | X | Brittle | | Weight gain | |
| Poor quality | | Vertical ridges | | | |
| Oily | | Split easily | | | |
| Dry | | Soft | | | |
| Dandruff | | | | | |

MALE PATTERN BALDNESS

| SKIN | | FEMALE REPRO | | TRAUMA | |
|-------------------------|---------------|-----------------------------------|---|---|---|
| Dry | | Abnormal pap smear | | Physical abuse | |
| Oily | | Adenomyosis | | Sexual abuse | |
| Rough | | Amenorrhea (absent period) | | Verbal abuse | |
| Itching | | Anovulation | | Broken bones | |
| Acne | | Break thru bleeding | | Head trauma | |
| Psoriasis | | Breast lumps (benign) | X | Accidents | |
| Eczema | YX | Contraceptive Pill | | Divorce | |
| Dermatitis | YX | Cystitis | | Death of loved one | |
| Offensive odour | | Ectopic pregnancy | | Bankruptcy | |
| Poor wound healing | | Endometriosis | X | Natural Disaster | |
| | | Fallopian tube issues | | Other | |
| SLEEP QUALITY | | Fibroids | | | |
| Issues falling asleep | Y X | Flooding | | EMOTIONS | |
| Issues staying asleep | Y X | Genital Herpes | | Depression | |
| Vivid dreams | | Genital Ulcers | | Anxiety | X |
| Nightmares | | Genital warts/ HPV | | Panic attacks | X |
| Snoring | | Genito-urinary infections | | Mood swings | |
| Sweating | | Gynecological cancer | | Irritability | |
| Wake up hungry | | Infertility | | Chronic stress | |
| Wake up tired | YX | Irregular periods | | Anger | |
| | | IUD/Mirena | | Cranky skipping meals | |
| ENERGY | | Low libido | | Looping/ OCD | |
| Good energy | | Malformed womb | | Phobias | |
| Poor energy | | Miscarriage | | | |
| Need caffeine regularly | | Ovarian Cysts | | TOXIN EXPOSURE | |
| Energised at night | YX | Ovulation pain | | Cigarettes | |
| Post exercise fatigue | | Pain on intercourse | | e-Cigarettes | |
| Malaise | | Painful periods | | Passive smoke | |
| | | PCOS | | Damp in home/work | |
| MUSCULOSKELETAL | | Pelvic Inflammatory disease (PID) | | Recreational drugs | |
| Cramps | | PMS | | Alcohol | |
| Pins/needles | | Smelly discharge | | Chlorine pools | |
| Injury | | Tender breasts | | Garden pesticides | |
| Arthritis | | Vaginal burning/irritation | | Fluoridated toothpaste | |
| Osteoporosis/Osteopenia | | Vaginal thrush | | Tap water | |
| Disc issues | | Vaginitis | | Non-organic meat | |
| Back pain | | | | Processed/deli meats | |
| Shoulder/neck pain | X | | | Antibiotics | |
| Joint pain/ stiffness | X | | | Amalgam fillings | X |
| | | | | Non-organic skin care | |
| | | | | Non-organic make up | |
| | | | | Mainstream deodorants | |
| | | | | Regular vaccinations | |
| | | | | Glues/fume/chemical/ gas exposure at work | |

| DENTAL | | EXERCISE | | YOUR BIRTH | |
|--------------------------|---|----------|----|---------------------|--|
| Fillings | | Rarely | | Normal birth | |
| Root Canal | | Often | YX | Tongs / Suction Cap | |
| Abscess | | Daily | | C-section | |
| Tooth decay | | Walking | X | Vaccinated | |
| Tooth erosion | | Running | X | Jaundice | |
| Tooth sensitivity/ aches | | Swimming | | Other issues | |
| Gum disease | | Pilates | | | |
| Bleeding gums with floss | X | Yoga | | | |
| Bad breath | | Gym | | | |
| Ulcers/ mouth sores | | Other | | | |
| Braces/ Plates | | | | | |
| Clenching | X | | | | |
| Grinding | X | | | | |
| Sore neck upon waking | | | | | |
| Bite marks inside cheek | X | | | | |
| Sore jaw | X | | | | |
| Snoring | | | | | |
| Sleep apnea | | | | | |

ADDITIONAL INFO

Please list any other relevant information you would like to disclose below

AFTER MY 3rd COVID SHOT IN JANUARY I NOTICED CONSIDERABLE TENDERNESS IN THE LIVER AREA. NEVER EXPERIENCED BEFORE. ONE MONTH BEFORE MY FIRST BLOODS FOR GASTRO DR. DONE ON 4th FEB 22. CONNECTED? I BELIEVE SO. DOESNT CHANGE ANYTHING I KNOW.

I HAVE ALWAYS HAD A TENDENCY TOWARDS CONSTIPATION I FEEL THE BIGGEST ISSUES HAVE BEEN GETTING THE REQUIRED VEG AMOUNT & THE SHEER DIFFICULTY I HAVE IN CONSUMING ENOUGH WATER. TRYING TO MINDFULLY INCREASE USUALLY MEANS I FEEL BLOATED & SLIGHTLY NAUSEATED.

THIS PAST WEEK I DROPPED FROM 20g - 10g PALEO FIBRE BECAUSE I WAS REACHING 20g fibre AND STILL CONSTIPATED. IF I DONT DO THE TREADMILL ONE DAY IT IMPACTS (I READ THAT TOO MUCH FIBRE CAN INCREASE CONSTIPATION?) SERIOUSLY?