



alexandra middleton
nutritionist

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

Date: 9/1/19 Date of Birth: 5/9/1961

Name: Jan Kennings

Address: 16 Kendall St Woollahra 2025

Phone: (H) (W) (M)

Email:

Occupation:

Household Situation: husband

Children: 0

Referred By: Michael Solano

PRESENTING SYMPTOMS / PROBLEMS

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

- Hepatitis A – hen she was 15 yrs old
- Lymphoma – 2008 grade 0 no treatment
- Influenza A – dec 2018; has been getting the flu injection last year in May 2018 especially as they travel
- High CRP
- History Thyroiditis – 2004 high and low
- Dental – clenches teeth, no fillings; Peter Anderson

Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years	10-20 years	20 onwards
------------	-------------	------------

Recurrent blocked ears when she was little – olive oil in the ear

Mumps and measles but no chicken pox

Mum had problems conceiving – first child ok, then a premmy that died, then Jan was born then still born

Family History – CVD, cancer, diabetes, etc

Mum – bowel cancer (constipation) , fertility issue

Dad – silent cancer (primary) kidneys but died of secundary brain bleed



alexandra middleton
nutritionist

Sister – ten years older and healthy

Sleep

Good, mostly sleeps straight thru, wakes up mainly refreshed

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

Energy generally good – likes to exercise, took up cycling on road 2010, find it strenuous, will go an hour and half has to break for protein bar to feel better.... Exercise intolerance after swimming

Mildly hypoglycaemic

Water: nearly 2 L (tap)

Tea / Coffee / Cola: Always coffee with food, having $\frac{3}{4}$ FW with whole milk; no tea

Allergies: unsure nbut gets bunmps on skin wit the heat, takes sytec goes away; occasionally gets rash walking

Cravings:

Aversions:

Medications and supplements

Bioactivated Magnesium 1 cap stops her from getting cramps

Diet – See Over:

GIT / Digestion: Weight, appetite, breath, ulcers and cold sores, bleeding gums, nausea, reflux, gas, bloating, fatty foods, skipping meals?

No probs

Bowels: Frequency, colour, constipation/diarrhoea, blood/mucus, laxatives, haemorrhoids, family history?

Daily or every 1.5 days... needs to sit there for a while, formed in the stool, sometimes seeds in her stool

Laxatives blow her up if she gets constipated – does yoga/water/ fibre; long bowel

General Health: Headaches/Migraines, dizziness/vertigo, tinnitus, hay fever /allergies, sinus/swollen glands, Colds/flu's per year, recovery, Asthma/SOB? Drug use? Smoking?



alexandra middleton
nutritionist

Outside of cancer and recent
Used to socially smoke

Urinary: Thirst, nocturia, cystitis, incontinence, thrush, kidney infections?

No issues

Female Repro: Periods/Cycle, bleed/clots, PMS, sore breasts, bloating, moods, constipation/diarrhoea, Pap smears, infections, discharges, contraceptive method?

Menopause – hot flashes 2018
No issues prior
Hated being on the Pill

Male Repro: Infections, hernias, swellings, impotence, libido?

Cardiovascular: Heart problems, blood pressure, chest pain, palpitations, varicose veins, easy bruising?

Pins/needles on boke bc holds on with hand too tightly

Musculo-skeletal: Cramps, pain, pins and needles, weak/numb, arthritis?

Fell off bike broke shoulder blade – 2014
Broke three ribs and punctured lung in same accident

Skin: Acne, eczema, psoriasis, infections, itching?

Lifestyle: Exercise, relaxation, job satisfaction?
Iyengar yoga, walking

Emotions: Anxiety, depression, mood swings?
Anxiety/depression

Physical Examination:
Nails – vertical ridging, spooned (thyroid)

Height/weight 170cm, 52 kg
Goal weight

TREATMENT PLAN



alexandra middleton
nutritionist

DIET

SUPPLEMENTS

HANDOUTS

- Recommended GF and DF
- Referred to yin yin as she needs a new plate for clenching
- Referred for blood work for assessment
- Recommended Progut, Betamax for when she gets sick and mag citrate

FOLLOW UP

1.

- Taking Mutaflor, mag citrate, Progut
- Bloods: high bilirubin (liver, pernicious anemia, gilberts syndrome); high cholesterol 5.9; vit D 84; TSh 2.3; B12 651 (SUPP?); High WBC and lymphocytes but neutropenia and low platelets (chronic lymphocytic leukemia); corrected iodine = 126, copper 16, zinc 13
- Recommend T4, T3, RT3 and abs;
- Sending ribraxx studies

Diet recommendations:

- Include zinc rich foods in your diet as much as possible – please see attached for nutrient sheet with food list
- Avoid inflammatory foods – see diet sheet attached
- Continue to include resistant starch and polyphenol foods in your diet every day when possible.

Assessments:

- Private DHM request to assess additional thyroid hormones
- Nutripath CDSA 3+ and PCR referral

2.

13/3/19

- Partner picks up bugs and gave her sore throat a week ago – just gone; was sore swallowing – recommended Betamax in that case
- Didn't feel good on the Curcuforte
- Going to do gut cleanse when home from Europe see recommendations sheet
- Iodine corrected 126
- Copper 16
- Zinc 13
- CDSA - Hypochlorydria, sluggish gallbladder, lipid indigestion, low good bacteria generally, Citrobacter/klebsiella infection (bacterial) – Berberine, oregano

3. 12/6/19



alexandra middleton
nutritionist

- Was a bit constipated on holiday – reoccurring issue; also bloating; finished berberine and bactrex recommended another
- Chlorophyll

4. 23/8/2020

- BCc off temple – nothing abnormal
- Then in October had another, iced it didn't fall off then biopsy was SCC had proper removal
- July 2020 another popped up, scheduled for radiation won't get another second opinion soon thnks treatment will be done late Sep
- Currently taking Progut satchels 2x week, Mag Citrate caps,
- Recommended Basica, probiotics daily, B complex, ribraxx during treatment, guar gum, Hydrozyme
- Needs antioxidants and GSH/ sulfurophane, curcumin
- Protein sheet
- Send ribraxx info
- Dr Jessica Wilson at Frenchmans Road Randwick

17/2/21

- Still gets hot flushes like she was during menopausal
- See recommendations sheet
- Getting allergy tests done

13/8/21

- Bad reaction to AZ vaxx – skin rashes and severe reflux two weeks later
- Nausea esp in the evening
- Vaccine 9.30am, 6pm went freezing cold, got chills and headache and nausea and heartburn, was up all night [assed out on floor think she fainted, called ambulance

14/9/21

- Moving to London on the 18th
- Endocrinologist has suggested Alendronate 70mg + Colecalciferol 70mcg tablet once a week
- Discussed doing more gi work to increase stomach acid and help her gall bladder
- See recommendations

27/6/22

- In May was walking on Northumberland coast; Fergus's pacemaker alarm kept going off – long story but continued walk then saw cardiologist upon returning to London so her stress levels were high; then over the next week Fergus got faint/dizzy went to emergency he stayed overnight, then he was sent to st barts heart centre, one of the pacemakers wires was faulty – at the same time Jan had BCC cut off from chest; probably needs more treatment later on with dermatologist surgeon; went to Scotland traveling a week later, when Jan arrived there she got severe gastric pain (probably bug) six months after booster; she was in such bad pain went to the ER they ran tests came back as "viral"; did ultrasound came back clean; next week GI discomfort has now been five weeks slowly reovering and now back to normal except anxiety is bad, bruxism.



alexandra middleton
nutritionist

- Recent bloods in June – high WBCs still but lower than before, Bilirubin high-ish but normal, serum ALT 38 (1-33), cholesterol normal, severely low protein 0
- Recommended GI test with Invico and stress mgt

2/8/22

- Continues to have stomach pain – can't correlate it to anything dr thinks its an ulcer
- Eats but not enjoying because not hungry
- Moderately high calprotectin (MILD TO MODERATE inflammation of the GIT.
Patients without GIT inflammation and untreated IBS sufferers have levels below 50 ug/g.
The inflammatory response could be due to IBD, infection, polyps, neoplasia, or the use of non-steroidal anti-inflammatory drugs (NSAIDs).
Calprotectin may also be elevated in children with chronic diarrhea secondary to cow's milk allergy or multiple food allergies.

Whether inflammatory or neoplastic, the cause of elevated calprotectin MUST be ascertained by endoscopy or radiography. If these evaluations do not yield signs of overt disease, other tests may be considered to uncover causes

- Low akkermansia (organism that lives in the mucus lining of your gut and uses mucus as its primary energy source. This species plays an important role in regulating mucus turnover in the gut so that there is a good balance between mucus breakdown and mucus production. Akkermansia muciniphila promotes healthy intestinal barrier and modulates immune responses),
- Low bifido, bacteroides dorei, desulfovibrio spp., fusiobacterium nucleatum
- High Eubacterium rectale (premarker for colon cancer, inflammatory), bacteroides fragilis, **enterococcus faecalis, enterococcus faecium**, methanobrevibacter smithii (methane, chronic constipation)
- Prebiotic – GI restore, Berberine?