



alexandra middleton
nutritionist

9 Jan 2019

Dear Sir/ Madam,

Re: JAN KENNINGS

D.O.B. 5 SEP 1961

Thank you for seeing Jan who met with me today for nutritional advice to support her ongoing immune issues, particularly after a recent bout of Influenza A.

Medical History

- 1976 Hepatitis A
- 2004 Thyroiditis
- 2008 Lymphoma, Grade 0
- Ongoing bruxism – treated with dental plate by Peter Anderson
- Intermittent constipation

In light of Jan's past and current symptoms it would be beneficial for us to do a comprehensive review of her general health.

As we would like to eliminate any aggravating factors, pending your review and approval I would appreciate it if you would please consider organizing the following assessments:

- DHEA-S
- FBC
- UEC, LFT
- B12 & Folate
- Homocysteine
- Iron Studies
- Fasting blood glucose, Insulin, IGF-1, HbA1c
- Fasting cholesterol profile
- Full TFT (TSH, T4, T3, Thyroid antibodies)
- Vitamin D3
- Coeliac screen and gene profile
- BP – would you mind please checking this on both arms

I have also given Jan a private DHM request form to order tests that are non-rebatable by the government. If there are any assessments you aren't comfortable ordering above please let me know and I can add them to this non-rebatable referral.

I appreciate your expertise and opinion and look forward to working together with you for Jan's health. Please do not hesitate to contact me.

Yours sincerely,

Alexandra Middleton