



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 22/3/2021 Date of Birth:

Name: Jennifer Caspari

Address:

Phone: (H) (W) (M)

Email:

Occupation:

Household Situation:

Children:

Referred By: Joanne Kennedy

PRESENTING SYMPTOMS / PROBLEMS

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

- Chemical sensitives
- Gut – bloating, indigestion, food in stool, issues digesting fat?, poor alcohol tolerance; history IBS and SIBO
- Brain fog, cold hands feet poor circulation
- Endometriosis – 3 years ago had dermoid cyst, ovary removed w cyst, saw Endo
- Once a month feels like she is going to bleed, mood tanks
- Infertility – IUI treatment post surgery, had car accident a few days later had head traum, adopted a kid and it didn't work out her and husband was too challenging for kid
- tender breasts, dyspurenia, ovarian cysts, high risk HPV
- OCP – WAS ON IT YOUNG FOR 10 YEARS, then came off it bc of chemical sensitivities, then went back on it because of the Endo two years lolo estrone
- cerebral cavernous malformation
- PND, hayfever allergies, itchy skin
- Frequent urination
- History UTIs
- Frequent cold and flu
- Increased hair loss
- Vertical nail ridges
- History head trauma, broken bones, death of loved one, accidents
- Sleep – issues falling, sweating, wakes up tired
- Chronic stress, irritability, low libido, grew up with divorced parents who lived interstate
- History smoking, damp at home – childhood home was damp, pesticides
- Shoulder, neck pain



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- Cramps
- Amalgam filling x 1 since teenager , tooth erosion, braces/plate, sore jaw, history snoring
- Has a number of tattoos swells when she has a chemical reaction

Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:

- hernia surgery, under 1 year of age, 1983
- chronic ear infections as a child for many years, a lot of antibiotics
- ovary removal, approximately 13 or 14 years of age
- procedure to remove abnormal cells from cervix, around 20 years of age and again at 37(HPV)
- cerebral cavernous malformation
 - diagnosed in 30s
- endometriosis
- 1/2 ovary removal/fibroid or dermoid cyst, cannot recall, approximately 34 year or age
- infertility- IUI treatment , unsuccessful - around 34 years old

Family History:

Mother- chemical sensitivities

Father- diabetes, heart disease

Grandmother- chemical sensitivities

Grandfather- some heart disease and stroke

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



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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?



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Emotions: Anxiety, depression, mood swings?

Physical Examination:

Height/weight _____
Goal weight _____

TREATMENT PLAN _____

DIET

SUPPLEMENTS

HANDOUTS

FOLLOW UP

1.
19/4/21 Emailed from Mexico with severe food poisoning; suggested natural remedies for diarrhea and that she talk to the Dr re some Flagyl; needs PCR test when home

2. **27/4/21**
Reacting to all of the supplements (GIT) – likely gut infection still there referred for PCR. Also starting new job, moving state and grandfather died;

- Food poisoning in Mexico – severe diarrhea, was passing out on floor on way to bathroom, treated with electrolytes and anti diarrhea meds; got home bowels kind of back to normal – solid stool lot of food in it; the last Sunday took the supplements quickly because severely overwhelmed and brain fog panicked a bit; hands and feet have been cold and numb and nails have been turning blue last week or so.
- Felt she reacted to the GIT Immunobiotic; feels like curcumin swelled up hands
- Moving to Charlotte, North Carolina
- Quit coffee for 5 days back on 1 french press in the morning – after breakfast
- GF, DF, amine-ish free, vegan
- Next time – talk about coming off OCP
- Old CDSA neg for parastites, bacterial overload only

3.
7/6/21



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- Microbiome map = High bacteriosides, low clostridia, high bacillus, high staph and strep, very low elastase
- Mild joint and muscle pain
- Everything is well except something in the GIT Immunobiotic makes her mood
- Chemical sensitivities are worse
- Endometrioma a year after the treatment
- Next port of call – gut protocol 8 weeks, then talk about coming off pill then bloods

13/7/21

- Going to do mycotoxin panel – VC failed
- Pausing antimicrobial protocol for now as was having very bad die off
- Adding in baths, citrus pectin and chlorella for gentle detox; swapping GSH to pure encapsulations one.

27/8/21

- Stopped Inflammation + Curcumin and joint pain stopped
- Thinks Glutamine is giving her muscle cramping
- Had mercury filling removed, dentist didn't use any protective equipment felt really unwell straight away; next morning felt bad still but now starting to feel better; went to infrared sauna felt instantly better
- Progut – unsure if it makes her feel bad
- Family physician – Dr Elizabeth Denman
- Stopped OCP – feels so much better, libido better,

24/9/21

- Bloods – low protein, lowish B12, low vitamin D = 31, CA125 = 17, high MCH = not enough folate
- Periods been good since coming off Pill
- Three weeks ago had the new filling, did infrared saunas was good for a while but then developed diarrhea after
- Asking jill crista re building biologist in Omaha

7/12/21

- Periods – heavy (tampons – super has to change 6 during a work day), clotty, goes for 9 days)
- Generally feeling better but has had rebound acne post OCP and has put on 4kg
- Needs to be checked for mycoplasma and urea plasma, neg for BV, HPV and candida on pap smear

3/6/22

- Has had COVID-19
- Moved to new Mexico
- Was feeling really good but then got covid 2 weeks ago
- Severely fatigued, malaise, rashes