



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 26/7/22 Date of Birth: 14/4/78

Name: Jenny Suniati

Address: 41 Donnelly St, Balmain 2041 NSW

Phone: 0433911544

Email: [jennysuniati@yahoo.com.au](mailto:jennysuniati@yahoo.com.au)

Occupation: Finance

Household Situation: Married no children

Children: 0

Referred By: Jan McLeod

## **PRESENTING SYMPTOMS / PROBLEMS – 75 min consult**

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

Gut – bloating + wind pain + sometimes heartburn (worsens during the day bc of particular foods), constipation (if she doesn't consume fibre, every second day); definitely triggered by processed meat and cheese and alcohol, since always

- In Indonesia 2022 – gastritis
- Endometriosis – very painful period; Dr Karen Chan @ WHRIA – did deep endometrial scan in June 2022, recommended she thinks hycosy; recommended she have a mirena
- Period – regular, 26-28 day cycle, 2-3 days, pads – on heaviest day 6-8 super pads a day; gets clots; never taken OCP
- Immune system – hardly ever sick, no COVID-19, occasionally gets flu
- Iron deficiency anaemia
- Energy – gets tired easily/ sleepy; 2 x coffee day with oat milk; adrenal stage 1 picture; dinner 6.30pm, bed at 10-11pm ; not hungry when she wakes up also
- Oral health – dentists says teeth are healthy; sensitive teeth due to brushing; flosses every day sometimes bleeds but not often

---

## **Past History – Vaccinations, childhood illnesses, accidents etc.**

0-10 years

10-20 years

20 onwards

Personal History:

2022 – Gastroenteritis (Indonesia)

General – Asthma



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

Family History:

---

**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:** Dust mites

**Cravings:**

**Aversions:**

---

**Medications and supplements**

---

**Diet – See Over:**

- Breakfast – porridge and banana (water)
- Lunch – pasta, rice
- Dinner – same

---

**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?



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

---

**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?

---

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

---

**Physical Examination:**

---

Height/weight \_\_\_\_\_  
Goal weight \_\_\_\_\_

---

**TREATMENT PLAN** \_\_\_\_\_

**DIET**

**SUPPLEMENTS**

**HANDOUTS**

**FOLLOW UP**

---

**19/8/22 – 30min**



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

- Symptoms have been improving
- Has cut down to one coffee – struggles from 11.30am with fatigue, perks up after 5pm, 9.30pm-11pm bedtime can fall asleep; finds work stressful, also 3 years ago biz partner did something bad and was very stressful
- Digestion has been doing better – has fresher ingredients in her recipes

---

2.

---

3.