



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 16/6/22 Date of Birth: 23/8/97

Name: Jess Sobanki

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Occupation: training and development lead

Household Situation: partner

Children:

Referred By: family friend – Jan Sattout

## PRESENTING SYMPTOMS / PROBLEMS

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

- GI – cramping, constipation, bloat, orange mucous from rectum
- Migraines
- On OCP (Estelle); previously Implanon
- ADHD
- Anxiety
- Meds – OCP, Sumatriptan for migraines, , buscapan for IBS, Panadol headaches
- Sinus – PND, cough
- Candida/ vaginal thrush with condom historically ; history chlamydia
- Styes
- History UTIs
- Repro – dysmenorrhea, mittelschmerz, dyspareunia
- Dental – fillings porcelain , ulcers, bad breath, bruxism
- Lived in a mouldy house that triggered headaches
- Weighs 58kg, height 165cm
- Generally exhausted – straight after work has a small amount of energy then hits wall after 7.30pm/8pm, in bed 9.30pm, then wakes up at 6.30am but gets up at 7.30am; no trauma, thinks the fatigue started in 2019 when she went to the office but fatigue hit when she was working from home
- Caffeine – occasional coffee
- ESR – 9, boosted for covid vaxx late last year

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



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0-10 years

10-20 years

20 onwards

## Personal History:

1997 – GERD, IBS (constipation) upon birth; food poisoning when young

2020 – gastroenteritis

2020-21 – mittelschmerz, ovarian cysts

2022 – acute gastroenteritis, onset anxiety

## Family History:

Father - Diabetes II

Sisters – Anaemia; tachychardia; PCOS

Paternal grandfather – heart disease

Maternal grandmother - melanoma

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## Family History – CVD, cancer, diabetes, etc

## Sleep

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

Generally good

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**Water:** 3 glasses a day

**Tea / Coffee / Cola:**

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**Allergies:** Morphine

**Cravings:**

**Aversions:**

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**Medications and supplements**

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**Diet – See Over:**

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



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

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

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

N/A

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

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

N/A

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

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

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

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**Lifestyle:** Exercise, relaxation, job satisfaction?

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

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**Physical Examination:**

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**Height/weight**  
**Goal weight**



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## TREATMENT PLAN

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DIET

SUPPLEMENTS

HANDOUTS

## FOLLOW UP

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1.

- AMH – 20.7
  - ESR – 10, prob from COVID-19 week before
  - CA-125 = 10 (end of cycle)
  - DHEA-S – 10.3
  - Sodium – 138
  - Low CRP
  - Vit D – 56
  - TSH – 0.95
  - High IgG – 13.82 (6.2-14.4)
  - Positive coeliac genotype
  - Morning cortisol – 213
  - High calprotectin – 53
  - Blood in stool
  - Low IgA
  - Pathogenic - Morganella species, Streptococcus species, Proteus species, Proteus mirabilis.
  - Low – bacterosides and lactobacillus rhamnosis, butyrate
  - High acetate
  - Low valerate
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- Had covid-19 in July, one week, vaxxed week before bloods
  - Has come off OCP 2 weeks after last appointment
  - Energy has improved but gut has been a mess with intermitten diaeahea and constipation

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3.

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