



alexandra middleton
nutritionist

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

Date: 30/11/17

Date of Birth: 30/3/1982

Name: Jordana Thirlwall

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Email: jordananajar@me.com

Occupation:

Household Situation:

Children: 2

Referred By:

PRESENTING SYMPTOMS / PROBLEMS

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

- Heavy periods – first two days pad an tampon changing them every hour; huge clots, 6 days bleeds the whole time not as heavy edges of the last few days, pain, has pain aprogesic only takes the edge off it; 32 day cycle
- PMS – never used to get pms now does – anxiety, irritable, sore boobs, bloating,
- Symptoms has been going on two years 14 years old normal period for first time
- Early 20s – beningn tumour in thyroid removed half of it
- 2 x c-sections with two kids

Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Teenager – EBV

Primary school – rash all over body that dr couldn't diagnose (three months)

Family History – CVD, cancer, diabetes, etc

26 WARRING



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Sleep – hours per night, trouble, dreams, wake refreshed?

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

Tired all the time, stress levels haven't been great

Water: 2L minimum

Tea / Coffee / Cola: 2 coffees a day

Allergies: Shellfish, dairy food

Cravings: n/a

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?

No problems; dairy upsets her makes her bloated and gassy

Multiple episode of gastro has caught it from kids would get it every six months

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

Regular formed once a day
Diarrhea with period

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

Cold/flu every year
Used to take drugs
Currently getting bad sinusitis; red wine blocks her up



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

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?

Can occasionally get psoriasis on scalp when stressed; dermatitis with stress also

Lifestyle: Exercise, relaxation, job satisfaction?

Emotions: Anxiety, depression, mood swings?

Anxiety, stress; gets overwhelmed easily

Physical Examination:

White/yellow coat on tongue Quivering tongue

Height/weight _____
Goal weight _____

TREATMENT PLAN _____

DIET

SUPPLEMENTS

HANDOUTS



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- Suspected endo, estrogen dominance, adrenal fatigue, histamine intolerance, potential candida
- See homework sheets
- Referred to Jess Wilson and Thierry Vancaille
- Supps: Glutathione, Curcumin, Bioactive B, Calcium degluconate, Basica activ

FOLLOW UP

1. **2/2/18**
 - Dr Wilson diagnosed her anaemic referred her for iron transfusion
 - Took Tranamic acid to stop bleeding for one month over dec – helped bleeding but gave her pain
 - Energy. Bloating. Pms is all generally improved
 - Sending her iron alternatives
 - Recommended PCR and uBiome
 - Adding zinc to regime



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* Parasite test - This is the Nutripath referral. Call the number I have circled at the top right of the referral and tell them my name and you need for the faecal PCR kit to be sent to you as written on the sheet. Once you have it they will send it, you can do the sample, then I will get the result.

* It is also worth doing this test but its not urgent (\$85): <https://ubiome.com/consumer/explorer/>

* As Jess didn't check your thyroid, I would do it privately. She probably didn't think you were symptomatic which is true. The issue is thyroid disease is often connected with adrenal/repro issues, and very often the cause for anaemia issues and heavy bleeding. I would check it. I have attached the DHM referral for you.

* Re the Glutathione, the pharmacy are out of it for the moment so I will bring you another tube from here tomorrow (will charge you on attached invoice)

Re getting more iron in instead of doing the transfusion or a supplement:

* Do you have any cast iron cookware? If yes use it as much as possible

* What I find useful that I use a lot is my cast iron tea pot - your iron intake goes up from using all of this equipment as the hot liquids leach the iron

* See nutrient sheet attached for good iron foods - re meat I would def avoid beef completely though very inflammatory. Lamb is a good meat option, green veggies and tahini are my three top picks.

Dec 28

- Corrected iodine = 57.74
- DHEA-S = 4
- Copper = 18
- Zinc = 4
- Low potassium
- CA125 13 (UL 36)
- High iron 279 but very low ferritin 13
- Low haemoglobin 118
- High FBG 6.4
- CRP is low
- Vitamin D 64
- B12 331
- Folate 29 (fine)
- Copper 18
- Zinc 11
- Iodine 92, Creatinine 14.1



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2.

March 13 2018

- MTHFR Homozygous A12869C
- Thyroid fine but low conversion T4/T3
- Positive for D. Flagilis – referred to Dr Benstock for antibiotic treatment; suggested whole family tested.
- Still taking meds for bleeding which is helping pain isn't as bad
- Shattered all day (main problem) not even perkin up at night
- See files for recommendations

3.

8/5/18

- **Benji** – Shigella was treated with antibiotics, still has runny stool still always sleepy, recommended Progut + potentially zinc and homeopathic
- Better post triple therapy
- Broke out in hives on the weekend at Pilu – rich vegetarian food, sounds seafood contamination allergic to shellfish
- Energy is improving but still fatigued
- Bioactive B, curcumin, iodoral, calcium de glucorate, basica active, sun fiber – needs Progut, dermal glutathione
- Period pain has improved and bleeding still helped by transamic acid; pms bad but also feeling generally shit

24/8/18

- Did the triple therapy and progurt
- Fatigue has worsened
- Was getting bad bloating after the antibiotics and also worse brain fog and headaches
- Hair was falling out
- Iron overload on test – have suggested retest and also to check thyroid panel and iodine
- Going to try Nac instead of GSH
- Progut, NAC, B, Niacin, Quercetin, Curcumin, CDG, phytaxil
- Thomas – fatigue, mood swings (tantrums), possible fungal rash on his bottom, emergency c-section baby, possible coeliac disease; recommended enzymes, progurt satchels and sun fiber to start; Phyta D, Floradix
- Benji – coeliac, fatigue, persistent diarrhea, recovering from Shigella, fever/convulsions as baby; also a c-section; recommended enzymes, progurt satchels and sun fiber to start as well as and liposomal curcumin as he is deficient/highly inflamed on test; his CRP was thru the roof and biochemistry was off needs more testing but waiting on tests from drs first before deiceing Jordana sending them thru

14/11/18



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- Allergies have flared up – sinus, puffy eyes, headaches, sneezey, sometimes takes Zyrtec recommended telfast
- Has been very bloated and fluidy – cycle related; last period very heavy (menorrhagia) as has stopped taking transdermal acid Dr Jess Wilson gave her
- PMS
- Clear dietamoeba on test 6 weeks after triple therapy
- 100% off gluten
- Looks like she's lost weight
- Supps – thorne curcumin, Activated B, niacin, iodoral
- Have recommended Pfeiffer profile and methylation profile with Nutripath
- Feels hair isn't falling out anymore and that it might have antibiotics in August
- Needs estradiol, enzymes, B12, Bioactive B, quercetin, probiotics, curcumin, bifido, minerals/basics, even primrose
- Thomas – negative for coeliac; results better but still iron/ vit d deficient recommended Phyta D and dermal iron, moods have settled and rash has gone
- Benji – hasn't been retested, recommended curcumin
- Sun fiber, probiotics, GIT Immunobiotic for both kids

30/1/19

- New bloods
- Anteverted uterus – needs to squat
- Low-mild SIBO borderline methane dominance (garlic, oregano oil)
- ESR has gone up to 8
- More anaemic – iron dropped to 6.6, ferritin to 10
- Pushed her to see Prof Vancaille
- Bloating worse around ovulation and pre period
- Referral to Rose Chen
- Referral for the Pfeiffer profile and methylation profile
- Supps – even primrose, CDG, Bioactive B BID, B12 BID, quercetin, Curcumin, magnesium citrate caps BID, sun fiber, finish all Probiotics give break, Microbinate, niacinamide BID, Watermelon GSH, Inflammation

Diet

- More organic lamb, chicken broth, iron plant foods (nutrient sheet attached)
- Continue GF, DF, limit amines and alcohol
- 1/2-1 tsp rock salt in warm water every morning - see how you feel

Assessments

- Pfeiffer profile and Methylation profile - referral attached. Call Nutripath for kits. Take them with my DHM referral to DHM for blood work.
- DHM referral from Alex attached



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Referrals

- Rose Chen for Chinese herbs
- Prof Vancaille for check - have attached my own referral letter but also take one from GP and take all of your bloods and last scan results with you. NB - he may suggest an iron transfusion, just say you're looking into it and nod.

Supplements

- Instruction sheet attached
- FX Med order form attached - you need to order from here Researched Nutritionals Watermelon Glutathione, InflaQuell, Microbinate and Curcumin Pure; Thorne Quercenase - just fill in your details, nominate the supps and email to them as instructed on the sheet. It comes from NZ so might take a week.
- The other supps are on [Vital.ly](https://vital.ly). NB; sorry I put 1 x sublingual B12 can you please also take one after lunch ta

24/2/21

- 31/3/20 – laparoscopy (endo); mirena inserted; symptoms were worse after surgery was the
- 8/20 - mirena which was taken out; also was retaining a lot of water
- 9/20 – ablation for heavy period; fatigue still prevalent but bleeding and pain prevalent
- Maternal grandmother – endo and various cancers
- On Vissane for the moment will consider Prometrium later on
- Advised on amine free diet
- Might need SIBO test - was negative in the past

27/4/21

- Recommended progestin by Dr Choi – suggested talking to GP re prometrium instead
- Corrected iodine = 107.75
- Progesterone >0.5
- DHEA-S 2.6
- CA125 - 7
- Thyroid good, super low ABs
- Positive coeliac genotype
- Has come off Vissane
- Pain and fatigue a lot better
- Advised her to do 100mg prometrium a day

13/7/21

- Saw Jane Lytelton – liked her, napped during acu, taking tcm herbs
- Prometrium 100mg daily; was on 200mg made her nauseous
- No bleeds still bc of ablation
- Feels like she is ovulating – pain in ovary
- Recommended talking to GP about low dose amitriptyline
- Saw boobs, bloating, heavy feeling in tummy
- Energy has generally dramatically improved on new supps



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- Recommended bulding biologosit
- Recommended CAR

9/2/22

- Endo has been bad, think she has adenomyosis
- PHGG has helped with bloating
- Went off prometrium ofor a little while and got worse
- Spoke to Sarah Choi – talking to her about hysterectomy
- Fatigue has also been bad

9/3/21

- US – completely normal
- Still has pain R on abdomen, referred to Simon Benstock
- Salivary Estrones – normal
- CAR – adrenal insufficiency (morning the main issue)
- Bloods – low protein, neutropenia, ESR – 6, D- 73, ceoliac genotype,
- FSH – 28.9 – perimenopause? Progesterone 5.1, CA125 - 6
- Long covid? Histease? NAC? Vit C
- Fatigue has improved, no longer having daily naps
- Has been getting some pain upon defecating but nothing on US

5/5/22 – note from Jane

Jordana T

Has reported less abdo pain in general, and none of the dragging down abdo pain.

She experienced some cramping when she stopped the herbs and interestingly got some spotting after acupuncture.

Her energy is better and she is no longer taking naps in the day.

Still some bloating.

This is the formula she is taking currently.

XYS 60g
plus
HUang qin9
San leng 6
E zhu 6
Xu duan 12
Xiang fu9
qing pi 6
yan hu suo12