



alexandra middleton
nutritionist

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

Date: 15/10/2018

Date of Birth: 6/7/85

Name: Kat Jacob

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Occupation: PT

Household Situation: Partner

Children: 0

Referred By: Dan Arnold

PRESENTING SYMPTOMS / PROBLEMS

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

- General nutrition/ food for the amount of training she does
- Had previously v stressful job feels like its catching up on her
- Sleep – better with magnesium but not great
- Adrenal energy picture; likely low BP/ head spins; loves salt on everything
- Has reduced red meat and is eating more fish, only meat once every second week
- Hair has been falling out, skin dry, feels like she is 3kg more than usual; puffy; query hypothyroidism.
- Urinating every hour 1.5L-3L tap water
- Query HPAT issue

Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Born with heart murmur (Wolf Parkinson white - hereditary) – recently had ECG had right branch block

Family History – CVD, cancer, diabetes, etc

Nothing relevant she knows of



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Sleep broken normally to get up to urinate

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

Adrenal fatigue picture

Water: 1L+ daily (tap)

Tea / Coffee / Cola: Coffee LB on empty stomach first thing; also does raspberry/nut milk/ coconut yogurt/ tahini or peanut butter/ red hippo protein

Allergies: intolerant to eggs

Cravings: n/a

Aversions: no but avoiding eggs sugar yeast

+

Medications and supplements

(See recommendations)

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

Feels like she had gastro on Saturday night – food poisoning/ vomiting
Bali Belly ten years ago
Regular bloating – gets worse thru the day
Puffed with sugar and wheat (water)

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

1x daily usually normally but a bit loose lately

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

Feels immune system is vulnerable in gym

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



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No nocturia

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

Mirena – progestin, 2 years (contraception); was on the Pill for 10 years

Lost period completely in 2010 for 8 months, unsure why

No PMS or other issues really

2.5 years ago went on the Mirena

HPV SIN III Letz

Male Repro: Infections, hernias, swellings, impotence, libido?
N/A

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

See above

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

Had hamstring/ sciatica issue;

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

Gets breakouts/ pimples – new skin care has helped

Lifestyle: Exercise, relaxation, job satisfaction?

PT so regular; post

Emotions: Anxiety, depression, mood swings?

No



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Physical Examination:

Nothing remarkable except white coating on tongue, looks very healthy

TREATMENT PLAN

DIET

- See sheets
- Referred for bloods, Pfeiffer, methylation profile, CDSA + PCR

SUPPLEMENTS

HANDOUTS

FOLLOW UP

1.

19/11/18

- Bloods – compound heterozygous MTHFR, TSH 1.3T4 14.3, T3 3.8, low range thyroid Abs but no hashi/graves, Corrected iodine = 38
 - CDSA – negative PCR, hypochloridia, low lactobacilli, high yeast (garlic, berberine), Klebsiella present (berberine, oregano) needs to reduce carbs a bit
 - Methylation – needs B3 + glycine not converting homocysteine well
 - Pfeiffer – low but not out of range histamine, good zinc, Vit D 74, Super low homocysteine, high copper/zinc ratio
 - Has been sick with a cold since last here, not enough sleep etc
 - Has been short of breath regularly
 - Skin cracking badly
 - Day to day – Thorne zinc, iodoral (half dose per 3 days), folinic acid, sublingual B12, NAC, Nicotinamide; recommended retest iodine and zinc in 12 weeks
 - GIT recommendations – candida diet, Berberine 500, Lymphomyostot, Bactrex, HCL caps, SB Pro
-

2.

16/1/18

- Consider Methyl fortify + 1 extra Niacinamide if no improvement
 - Protein complete for glycine
 - Low BP/dizzy – recommended polyphenol foods for microcirculation.
 - GIT much better no more bloating
 - Brain fog has lifted with detox
 - Fatigue has lessened but still there
 - Has lost a few kgs and skin is glowing.
 - Struggles with night time sessions exercising – still tired.
-

3. 13/2/19

- Feeling generally a lot better



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- Changed up anti-microbials as white candida coating still thick on tongue
- Her nocturia hasn't resolved since starting on supps and diet at all.
- Presenting like she might be over-methylating with the Methylfortify so replaced it with folinic acid 3 daily and 1 Niacinamide daily (reduced by 1)
- Continuing on Candi 30c

4. 19/3/19

Phone consult 15min

- Hair loss has continued.
- Reordered thyroid markers & abs, iron studies, RT3 to check.
- Advised to stop iodine, also rechecking levels (previous was at 30 corrected).
- Suspect this is a case of Adrenal fatigue first.

5. 26/3/19

Phone consult 15min

- Results have shown hyperthyroidism which explains hair loss
- Awaiting results for iodine and abs
- Bilirubin is up but no history of Gilberts and recently had a virus
- Has also had skin reaction to GSH jojoba cream. Was fine for a week on wrists then reacted. Tried other spots like elbows but had immediate reaction. On advice from Kingsway advise to try thicker skin (like abdomen) but after putting on some coconut oil under it first.

6. 21/5/19

- Symptoms have improved now iodine has left system
- Thyroid still hyper borderline Graves – seeing endocrinologist on Thursday
- Still fatigued – including carnitine in new supps for energy and thyroid
- Referred to Claudia Nicholson as needs new GP
- Advised again about marina IUD

7. 11/9/19

- Needs thyroid and insulin recheck
- Berberine
- Has had cold after holiday in Italy; hair loss has settled down; cold is still lingering needs immune work
- GI was fine after holiday; breath and stomach has been gurgly/bad
- Sleeping better in
- See recommendations sheet

4/3/20

- Fatigue ongoing – heavy legs, pulled back on exercise
- Probably still anaemic
- Still experiences GIT symptoms and Thy Abs high
- See recommendations sheet



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17/9/2020

- Pigment on face has gotten worse
- Boobs are bigger – intermittent over last 6 months, can't correlate it with anything
- Energy overall is ok not as bad as before
- Sweet cravings and bread cravings
- See recommendations sheet
- Passed the VC test despite a lot of mould in the house

12/5/21

- B12 483
- TSH – 2
- Blood sugar up from 5.3 to 5.7 – needs GGT
- CRP >4 (>6)
- Iron – 16,
- Transferrin 24 (32-48) – inflammatory response. Low protein/ malabsorption
- ferritin 43
- Sodium 138
- AST 34 (<30) – viral infection, gut infection, liver
- ESR – 2
- Moved to northern beaches in January – generally better for her
- Has been feeling fatigued again; sleep very light and broken – doesn't feel rested in the morning (going on a few months)
- Digestion relatively normal
- Exercise intolerance, shortness of breath
- Working late nights, dinner often not til 9pm

11/1/22

- Melasma looks worse, breasts look bigger
- Acne breakouts – before IUD removal
- Got cleared by cardiologist
- Palpitations were prob thyroid, was bad for three months but has improved
- IUD has been removed a week ago

17/3/22

- Slowly better on estrosense, estrogens slightly high on saliva panel, progesterone high
- High CAR upon waking and midday – doesn't feel rested upon waking; dinner 7-8 and a bit later, goes to bed 9-10pm, sleep straight away, struggles with 5am starts 4 days a week, on those days tries to sleep by 9.30pm
- Nervous system is over-functioning
- Anxiety has been better
- Needs retest TFT and LFT
- Wants to start on the fertility front after wedding after July in Europe 9 weeks