



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 23/9/22 Date of Birth:

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Occupation: Director

Household Situation:

Children:

Referred By:

## PRESENTING SYMPTOMS / PROBLEMS

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

- Detox and heal body from 3.5 consecutive cycles of IVF - From March 2022 until August 2022, I did 3.5 cycles of IVF where 3 egg retrievals were done and I did the IVF injections for a 4th round but did not retrieve. My 3 cycles yield 4 normal embryos.
- Simultaneously prepare body for 2 more egg retrievals in Feb/Mar 2023. Due to my age (just turning 41) and previous unhealthy lifestyle factors, I worry that having 4 embryos is
- Detox from the 2 future egg retrievals, and simultaneously prepare body for embryo transfer/implantation and pregnancy in late 2023. n't enough and would like to do 2 more cycles to be safe.
- Hasn't had period since last week of August
- Bloods –
- Period historically been exactly 28 apart, but says IVF drugs (birth control?) before each retrieval
- History OCP, HPV, ovarian cycts
- Abortion at 34 years old
- Positive BV + Ureaplasma = was given doxycycline 100mg + Flagyl (?)
- Adrenal Fatigue picture
- Skin has been awful post IVF
- Root canal – 10 years ago

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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:

2000 - depression - prescribe Zoloft which I didn't stay on  
2003 - caught amoebic cyst in India - prescribed Flagyl  
2009 - chronic fatigue, high blood sugar, low thyroid - took thyroid medication briefly  
2010 - depression - started taking Wellbutrin on and off until now  
2012 - root canal  
2014 - ADD diagnosis - started taking Ritalin/Adderall very occasionally but never stayed on it consistently for fear of negative side effects  
2021 - high cholesterol - changed diet  
2022 - panic attack - initiated stress relief activities including fertility acupuncture  
2022 - IVF and egg retrievals 3.5 cycles  
2022 - hypothyroid diagnosis - prescribed thyroid medication which I continue to take (Tirosint)

## Family History:

Paternal grandfather - heart disease (cause of death), Alzheimers  
Paternal grandmother - kidney disease  
Maternal grandfather - diabetes, hypothyroid  
Maternal grandmother - leukemia (cause of death)  
Father - high blood pressure  
Mother - high cholesterol, diabetes, heart disease markers  
Extended family - depression, OCD

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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:**



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**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 \_\_\_\_\_

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

DIET	SUPPLEMENTS	HANDOUTS
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**FOLLOW UP**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_