

Goals

- Energy levels
- Bloating, burping after most meals
- Memory
- Beginnings of arthritis in fingers and knees
- Feels she is lacking calcium in diet
- Thinks she has worms – had parasites when travelling in 2003, gets ringworm on but twice a year, every day gets itchy anus predominantly on one side
- Wants to exercise
- Tremor – thinks she has early onset Parkinsons disease
- Low BP – fainting issues when younger.
- Smoker – cigarettes and pot.

Food

Breakfast

- Green tea most mornings before water – Dilmah bags
- Natural yogurt with cinnamon, honey and LSA or Toast with boiled egg and butter OR toast and smoked salmon with avo OR natural marmalade OR cinnamon brown sugar sachet oats with soy and normal milk; Burgen soy & linseed or Hulla/ brioche bread occasionally.

Lunch

- Sometimes skips lunch – sometimes doesn't eat until 3-4pm, will eat crackers and di as knows dinner is coming up. Dip = green tahini, eggplant salsa, hommus, blue cheese and pistachio.
- Big salad with protein (chicken/fish) and almonds/feta/herbs and dressing olive oil and squeeze lemon/ apple cider.
- Leftovers from night before.
- Toast or ryvitas with smoked salmon/avo/cheese/tomatoes.

Dinner

- Trying to get Christian to eat more
- Red meat/ chicken/fish and salad/veges and white rice/ potatoes.
- Roasts.
- Deli takeaways , 1-4x/wk – pizza, chicken escalot peas and gravy, chicken and leek pie, bangers and mash, Indian, Thai, burger.

Beverages

- Green tea
- Coffee at 10am soy cap (not every morning)
- Water – maybe 1-1.5L/day, Mount Franklin; urine relatively clear and light yellow.

Dislikes

- Allergic to mussels
- Milk
- Most foods cause bloating and burping, particularly meat, corn.
- Chewing – fast eater, doesn't chew too long if eating meat as doesn't like taste of meat.
- Meat makes her gassy as do rich foods, fried onions, too much oil gives her diarrhea – next day, could be b/c of rectal diarrhea.

Gastro

- Rabbit pellet poos – rissoles, when snacking vs big meals, poo can go black with coffee – yellow soft poo after big rich meals and with eggs.
- Burping
- Bloating

- Sometimes mucous on stool.

Repro

- PMS 1 wk – fatigue, sporadic diarrhea, bloating, tender breasts.
- With Period – more full on diarrhea.

* Email Dorje link

11/5/22

- See intake form

Hormonal, perimenopausal, endo,

2. Energy, brain fog, exhaustion, depletion

3. Herpes

Please list any other pre-diagnosed health conditions - dysplastic cells in cervix x3, tonsillitis, Epstein Barr, Glandular Fever, HPV, Sjogrens

- Started taking the contraceptive pill Slinda – since Nov 2021, periods completely changed - cycle went from 28 days to 33 days, PMS got worse, did astrazeneca; PMs month long, crazy brain fog; since she has been on slinda, more alert, brain fog is alert
- Prometrium for two weeks,
- Abnormal pap smear mid March and Valtrex daily also. The first month it was great, this second month it hasn't been. Magnesium + zinc at night, when i remember (not often enough), Occasionally NAC, Vit C, Vit B and D when i feel run down. Collagen powder in smoothies + coffee when I remember. Nothing consistently - other than the pill + Valtrex
- 2020 – stool, positive for Deintamoeba Fragilis
- Mould in house – mycotxin symptoms
- Before SLinda – periods, would bleed for four days; heavy three pairs heavy period pants that day (menorrhagia)