



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 12/5/22 Date of Birth: 11/11/1986

Name: Kritika Gupta

Address: U801/9 Albany St, St Leonards NSW 2065

Phone: (0469710984

Email: kritikajain86@gmail.com

Occupation: Volunteer

Household Situation: Spouse

Children: 0

Referred By: Jane Lyttleton

PRESENTING SYMPTOMS / PROBLEMS

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

- Infertility – has been trying 2018, got pregnant then had miscarriage
- Cycle = 25-26 days average, ovulation ticks positive, BBT charting with Jane; typically three days flow generally light side using pads 2 days
- Hashimoto's
- Alopecia
- Thyroid
- Vegetarian – no eggs and fish, only dairy
- GI – history IBS; intermittently bad; feels tongue has coating
- Hypotension
- Cold hands feet poor circulation
- Acne, oily skin
- Fluoride
- Gingivitis
- History GI – steatorrhea, IBS, indigestion, itchy anus, haemorrhoids
- Blood test by fertility specialist nov 2021: FSH 5.3 LH 5; Progesterone – 43.2; AMH – 21.9
- Transvaginal scan but nothing came up
- Positive Haemochromatosis
- Aim for 66g protein in a day
- Poor energy



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Jane's notes

Kritka is 38 years old and has been TTC for several years.
She had a miscarriage in 2018 and her TSH rose after that. She has taken thyroxine off and on.
Thyroid antibodies have been high also.

She started seeing another chinese medicine practitioner in 2018 and me 6 months ago.

Her cycle is regular and she has sex around ovulation time.

She has poor digestion and has a low appetite with fatigue after eating, also haemorrhoids. Her diet is strictly vegetarian and she takes iron. She is now 43kg but has a very petite frame so is probably an ok weight.

Her sleep is dream and nocturia disturbed.

Her hair loss has been for several years and her front hairline is receding.

She is a sweet, anxious and flighty soul - it has taken her a long time to relax with me and trust me.

Her TCM diagnosis is Blood stasis (have a look at her tongue) and spleen and stomach qi deficiency with damp and she has been on various iterations of this formula .

Dang Gui
Bai shao
Chuan xiong
Tao ren
Hong hua
Dan shen
Yi mu cao
Chi shao
Gui zhi
Yin yang huo
Tu si zi
Huang qi
Gan cao

plus or minus some of these.....

Huang qin
Huang bai
Wu ling zhi
Pu huang
Zhe bei mu
xu duan
Bu gu zhi
Cang zhu
Fu Ling
Fu Shen

Below see recent thyroid tests (next due in 2 months)
I will send the scanned test results directly from her file.



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Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:

Family History:

Mother – Hypothyroidism

Father - Hyperglycemia, hypertension

Family History – CVD, cancer, diabetes, etc

Sleep

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

Generally good

Water: 3 glasses a day

Tea / Coffee / Cola:

Allergies: Morphine

Cravings:

Aversions:

Medications and supplements

Droxine – 50mcg

Elevit

Vit D

Hair Skin Nails swisse



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Diet – See Over:

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

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

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

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

N/A

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?

Lifestyle: Exercise, relaxation, job satisfaction?

Emotions: Anxiety, depression, mood swings?

Physical Examination:



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Height/weight _____
Goal weight _____

TREATMENT PLAN _____

DIET SUPPLEMENTS HANDOUTS

FOLLOW UP

1. Jane 11/6/22

2. HI Alex

Quick note to say I saw Kritika yesterday and was saddened to hear that in the last 2 cycles she has stopped having sex at the appropriate time for lack of "appetite" - which she related to stress.

We did have a bit of conversation about Baby Sex!! And not using the wrong lubricant but I am not sure if it all fell on deaf ears.
Maybe it might come up when you see her on 16th.

I hadn't seen the blood test results then but looked this morning.

Curious levels for
Reverse T3
Bilrtubin

ANd her
Anti-thyroid ABs remain high despite some drop

Will wait to hear back after the 16 th follow up.

Best
J

3. 16/6/22

- Progesterone 53.6
- Vit d – 87
- B12 – 203
- High thy abx have increased slightly since January
- High iron panel, haemochromatosis gene
- Neutropenia – recent infection?
- Needs electrolytes, sodium in particular
- DHEAs 3.3
- FSH 7.1
- LH 3.6
- Oestrodial – 191
- CA-125 – 23 taken on day on day 2



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- 0.3 testosterone (0.2-1.8) very low calculated free testosterone possibly adrenal insufficiency
- RT3 690 (140-540) – oestrogen, cortisol, not enough carbs, toxins
- Iodine 272 corrected
- Genotype for coeliac + 4 on serology
- Trying to go gluten free but not 100% gets stuck with flat
- Vaginal microbiome – high pH, candida, low commensals
- GI MB – high klebsiella and strep, borderline high zonulin

2. 6/9/22

- Appetite has improved on gut supplements – now feeling hungry now during lunch and dinner, where before she was never hungry; still doing nut shakes in the morning likes larger serving
- Feeling resistant to doing an ultrasound despite higher CA-125
- Generally ovulating from day 13 – temperature charting and strips

3.