



alexandra middleton
nutritionist

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

Date: 17/4/16

Date of Birth: 18/8/80

Name: Lauren Newman

Address: 3/10 Evans Ave, Eastlakes 2018

Phone: (H) (W) (M)

Email:

Occupation: graphic designer

Household Situation:

Children: 1

Referred By:

PRESENTING SYMPTOMS / PROBLEMS

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

- Generalised anxiety – lexapro for that and sleep
- Severe cravings for fats when PMS - feels like she can't get satiated until too full
- Pyrolles
- Histamine intolerance
- Random acne – potentially with Bs

Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Normal birth, blood type O

Recurring sore throats – recurring antibiotics

Got her period 16ish – went on the Pill to control acne which got bad with acne, was on the pill until 32 yrs old (couple of breaks)

Adrenal fatigue during HSC

Family History – CVD, cancer, diabetes, etc

Mum has anxiety



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

Issues falling asleep – thinks its anxiety driven goes to bed at 9pm, palpitations, will toss and turn but otherwise sleeps well; wakes up 1-2x/daily to go to the loo... sleeps better since having baby.

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

Feeling tired on the Lexapro (went on 2 weeks ago)

Water: BioAce water filter (fluoride free) – drinks feels thirsty a lot, doesn't feel like she is absorbing urinates it all out

Tea / Coffee / Cola: doesn't drink caffeine

Allergies: N/a

Cravings: fats with pms, salt with food

Aversions: pizza bases, refined white flours (also make her heart race)

Medications and supplements

Lexapro
Primer – stoped it over the last two weeks
Probiotics – BC Prodophilus
Herbs of Gold B3
BC Folinic acid

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

Constipation with processed foods, diet pretty clean
Eats carbs – starchy tubers and quinoa etc

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

Daily, had history of constipation



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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?

None

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

Nocturia 2x/night

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

Was regular after baby, last few cycles has been 5-14 days late (when she was initially on lexapro in January) ; is tracking period

5 day period, uses pads

Male Repro: Infections, hernias, swellings, impotence, libido?

N/A

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

Palpitations with anxiety and with certain foods such as chocolate, caffeine, thinks she reacts to non-organic foods as so organic at home thinks she might react to preservatives e.g. white wine sets her off will get anxiety and insomnia, 220 free makes no difference (query histamine)

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

Cold feet; tends to have low blood pressure

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

Acne – fine with clean diet, occasional spot with sugar
Chicken skin on arms – set off with gluten

Lifestyle: Exercise, relaxation, job satisfaction?

Exercising most days fitness bunny
Not happy with purpose

Emotions: Anxiety, depression, mood swings?

Moody with PMS

Physical Examination:



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Tired
Bloated/ estrogen?

Height/weight 73kg
Goal weight 170kg – loses weight easily when trying

TREATMENT PLAN

DIET

SUPPLEMENTS

HANDOUTS

FOLLOW UP

1. Iodine deficiency
2. MTHFR Heterozygous A129C

Still struggling to drink red wine – prob sulfurs

Supps

- Iodoral
- Estrosense
- Neocare
- Act B
- Diasporal
- Enterocare
- 5HTP
- Bicozn
- HCL
- NAC
- Thyadren

2.

*** CDSA*** - positive for blasto, hypochloridia, candida level 1 and citrobacter; advised to do antibiotics with Dr S Benstock and then do anti-fungal work with me as per below.***

- When Bicozn and Diasporale are finished, stop both and switch to Basica Activ 1 scoop before bed, another in the morning if possible
- Finishing Thyadren for the moment
- When you finish the enterocare, take SB pro 1 cap 2xdaily with food
- Going to try and come off Neocare and see how you go with histamine symptoms
- Continue with Bioactive B, 5HTP, NAC, estrosense, HCL and iodoral as directed
- Stimulate HCL – chewing, bitter greens, dandelion tea



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- Candida cleanse (1-2 months):
 - Candida diet sheet
 - Skin Brushing and epsom salt baths as often as possible (helps detox)
<http://au.iherb.com/Earth-Therapeutics-Purest-Palm-Body-Brush-1-Brush/21339>
 - SB Pro 1 cap with food 2x/daily (see pracs.com.au)
 - Candidex: 2 capsules on an empty stomach, one hour before or two hours after a meal three times daily for 14 days.
http://au.iherb.com/Enzymedica-Candidase-84-Capsules/3608?gclid=CjwKEAajwsuK_BRDD9ISR1bawwUwSJACbOixTsvnBtH8ddMEc94hGV7QGgOTep25xI0gXZG2Z2OwrRoCCcnw_wcB
 - **ANTI-FUNGAL SUPPLEMENT ROTATION:** 4 days of one, then 4 days of the next, then 4 days of the next, etc until finished
 - Allimax 1-2 tabs 3x/daily with food (see pracs.com.au)
 - Uva Ursi 2 caps 2x/daily with food
<http://au.iherb.com/Nature-s-Way-Uva-Ursi-Standardized-60-Capsules/2051>
 - Undecyn Acid 3 caps 3x/daily with food: <http://au.iherb.com/Thorne-Research-Undecyn-120-Veggie-Caps/18562>
 -

3.

17/7/17

- iberoglast, active b, Basica activ, calcuim degluconate
- on lexapro

2/8/17

- Issues with insomnia – usually falls asleep pretty quickly, normally gets up once for the toilet; now she is awake at 2am then can't get back to sleep OR can't get to sleep at all; started over xmas with stress
- Took antibiotics from CDD from blasto but never retested
- Last few days has had the runs
- Recommended retrest to make sure blasto is gone; normal supps plus Kava and Ultramuscle eze night and ultralife
- Spoke the next day, adjustment in medicines helped

2/10/18

- Pfeiffer profile – low homocysteine. V High free copper, low histamine (caused by high copper) – zinc, histidine, C, Bs, high protein diet
- Methylation Profile – Normal SAM, high SAH– inadequate homocysteine metabolism to methionine – B3, trimethylglycine, betaine; Low SAM/SAH ratio = less methylation

27/3/19

- Needs PCR retested – negative
- Acne flared up when she started the activated Bs with her period a few months ago
- Averaging 27-28 day cycle, 5 days; needs hormones retested



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- Need GP referral
- Currently taking Thorne Zinc Picolinate 25mg, Molyzinc in morning, 1-2tsp CDG, niacinamide, 1B6, Drs best curcumin, 2 folinic acid, Quercenase BID, GSH cream
- Sleep is much better; sleep dips when she does eat carbs
- Tomatoes give headache
- Everything else is fine – period, gut, immune system is much better
- Query PCOS with inability to lose weight and acne – androgens and insulin?
- See recommendations sheet for new recommendations

1/5/2019

- Anxiety, insomnia has reared again as big issue
- Acne still present despite coming off the B12
- Anaemic – Iron 8, Transferrin 29 (LL 32), Ferritin 32
- IGF-1 37 (UL 37)
- FBS 4.9
- Tsh 1.1, presence both thy abs
- Low estrogen
- B12 415
- Vit D 88
- Iodine (corrected) 50
- Neutropenia
- Day 21 progesterone
- Day 2 hormones: estrogen 85 (low), FSH 9 (2-12); LH 4 (2-15)
- High androgens Androstenedione 9.5 (UL 8.5), DHEA-s 6.2 (UL 7.3), SHBG 92 (20-118)
- Prolactin 149 (40-570)

18/9/19

- Acne – DIM, berberine, Zinc, dF
- Vitex to lower the androgens
- Increase carbs for thyroid and LH
- Inositol – 2-3g a day on an empty stomach; or Resist-X
- Needs to up Bs
- Sleep went again just before period
- See recommendations

3/6/21

- Sleep the only just concern – going to retest bloods

9/7/21

- AMH – 10.1
- FSH 6.8
- LH 3.8



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- Progesterone 43.2
- DHEA 7.1
- SHBG H 113 (UL 113)
- Testosterone 1.6 (UL 1.8)
- Sodium 139
- Protein L64
- Low cholesterol and triglycerides
- Ferritin 23
- Iron 10.3
- Vitamin D 74
- High Anti-TPO Thy Abs – 12.2 (UL 5.6)
- High IGF-1 43 (UL 35) – increased production og GH?
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