



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

27 Mar 2019

Dear Sir/ Madam,

Re: LAUREN NEWMAN

D.O.B. 18 AUG 1980

Thank you for seeing Lauren who met with me today for nutritional advice to support her ongoing issues with anxiety, fatigue, inability to lose weight, acne, mild hirsutism and food intolerances.

Medical History:

- Anxiety/depression
- Insomnia
- Post contraceptive pill syndrome/ amenorrhea
- Fatigue
- Blastocystis Hominus (treated medically & resolved)
- Multiple food intolerances

In light of Lauren's past and current symptoms, it would be beneficial for us to do a comprehensive review of her reproductive and general health.

As we would like to eliminate any aggravating factors, I would appreciate it if you would please consider organising the following assessments:

- Day 2: E2, FSH, LH, PRL, DHEA-S, androstenedione, SHBG
- Day 21: P4
- FBC
- UEC, LFT
- B12 & Folate
- Iron Studies
- Fasting blood glucose, Insulin, IGF-1, HbA1c
- Fasting cholesterol profile
- Full TFT (TSH, T4, T3, thyroid antibodies)
- Vitamin D3
- Coeliac screen and gene profile
- BP – would you mind please checking this on both arms
- Immunoglobins
- Anticardiolipin antibody (IgM, IgG)

I appreciate your expertise and opinion and look forward to working together with you for Lauren's health. Please do not hesitate to contact me.

Yours sincerely,

Alexandra Middleton