



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

4 JUNE 2021

Dear Dr Belinda Tosi,

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 insomnia.

Personal History:

- Anxiety/ Depression
- Intermittent, severe insomnia
- Contraceptive Pill Syndrome (Amenorrhea)
- Blastocystis Hominus (parasitic) infection - treated with triple therapy antibiotics at the Centre of Digestive Diseases with Dr Simon Benstock
- History of Orthorexia - extreme carbohydrate/ calorie restriction in her 20s
- History of high Thy Abs and poor conversion from T4 to T3
- HPA dysfunction - general fatigue
- History high androgens in serum
- Hirutism
- Bruxism
- 100mg Prometrium QHS

Family History:

- Mother- anxiety

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

- Day 2: E2, FSH, LH, PRL, DHEA-S, SHBG, Free Testosterone, AMH
- Day 21: P4
- CRP, ESR
- FBC
- UEC, LFT
- B12 & RBC Folate
- Vitamin D3 (25-OH)
- Iron Studies (full panel)
- Fasting blood glucose, Fasting Insulin, IGF-1, HbA1c
- Fasting cholesterol profile
- Full TFT (TSH, T4, T3); Thyroid antibodies
- Coeliac screen and gene profile

If there are any assessments you aren't comfortable ordering above please let me know and I can refer Lauren for private testing instead. Also, I would appreciate being



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copied in on the results as I have direct access to most of the major labs.

Thanks again and I look forward to working together with you for Lauren's health.
Please do not hesitate to contact me.

Yours sincerely,

Alexandra Middleton