



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

20 Feb 2020

Dear Dr Soji Swaraj,

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.

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

Family History:

- Mother – anxiety

Current treatment:

- Anti-inflammatory diet (gluten/sugar/dairy/amine/ caffeine free)
- Nutritional & herbal medicines to address her inflammatory load, GIT function, nutritional deficiencies, consistently high androgens, poor oestrogen metabolite clearance and historically low progesterone (which has come up as she has been on Chaste Tree, a herb that increases progesterone by enhancing ovulation).
- Mix of cardio and resistance exercise.

In light of Lauren's past and current symptoms I recommended she see you to hear medical expertise, particularly in regard to the consistently high androgens.

For any pathology you order I would appreciate being 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