



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 8/4/21 Date of Birth: 24/2/96

Name: Madi Gillespie

Address: Unit 3/8 Tower St, Manly NSW 2095

Phone: 0401 052 073

Email:

Occupation: RECRUITMENT CONSULTATION

Household Situation:

Children:

Referred By: Joanne Kennedy

PRESENTING SYMPTOMS / PROBLEMS

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

- Endo, irregular periods
- Allergies
- Recurrent UTIs
- Thrush loop
- Poor immunity
- Allergies – corn, tomatoe, rice, sage and orange
- Bloating, constipation intermittent; 3-4 times aday during period; undigested and sloppy; when off period bowelsup/down gets pellets
- Migraines
- poor sulphuation & oxalate pathways and high ammonia
- CFS
- Allergues
- Brain fog
- Hyperthyroidism?
- Migraines, headache
- Loss of hair, porr quality
- History abnormal pap
- {Psoraisis triggered by alcohol
- Chronic stress, mood swings, anxiety
- Potential damp at home
- Bruxism
- Tender breasts, thrush
- Back neck shoulder pain



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- History repeated antibx
- Born using suction cap
- Practices yoga
- History braces, plate, bruxism, sore neck waking up, sore jaw
- With medibank needs receipt

Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:

2010 – skin removed due to tampon being stuck

2013 - Menorrhagia; started OCP

2015 - Changed changed OCP for Implanon

2015 – Vietnam parasitic infection, treated with Abx;

2016 – Concussion playing sport

2020 – Implanon removed; Endometriosis (laparocopy) stage 3, severe pain

Family History:

Maternal grandmother – Small cell lung lymphoma

Paternal aunt – hysterectomy, likely Endo, bladder prolapse

Paternal grandfather – lung cancer

Paternal grandmother – ovarian cancer, hysterectomy

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:



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Medications and supplements

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?



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Physical Examination:

Height/weight _____
Goal weight _____

TREATMENT PLAN _____

DIET	SUPPLEMENTS	HANDOUTS
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FOLLOW UP

1.

5/5/21

- CA125 – 7
- Positive genotype coeliac disease
- Needs B12 and D
- Going to start Promterium 100mg second half of cycle
- Had bad ovulation pain this month
- Headaches have significantly improved

2. 17/7/21

- Gut is better
- Ovulation pain is better but still there
- Just had a bad period – 5 days of pain; 4 hours where pain level was at 8-9; migraines – may have been triggered them?
- Feels like chocolate – more cravings; has had more fatigue
- New adrenal formulation in place of ashwaganda
- Chlamydia three times treated with Abx
- Seeing Jason Abbott in dec
- Is doing prometerium second half of cycle
- Cycle every 32 days
- Pain has gone from 8-5 on average

3. 27/9/21

- had Pfizer

Hello!

Hope you're well and Lucy is feeling a little better :)



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Just wanted to give you an update from the OMNI scan today.

She could see:

- superficial endo in pouch of Douglas
- superficial endo OR adhesions on utero sacral ligaments

My last surgeon didn't operate on pouch of Douglas and she was adamant it was the cause of my sex pain

I also released an egg from both sides this month, may explain how much bloody pain I've been in past 4 days...

No organs seemed stuck.

I have Prof Abbott Wednesday can update you after that too :)

30/9/21

- Jason has recommended amitriptyline before surgery to preserve fertility
- Recommended vaginal profile by Nutripath

1/12/21

- VMB profile – low commensals, pH = acidic, recommended probiotic pessary
- Feeling less pain on amitriptyline
- Generally doing a lot better

2/2/22

- Had covid in 27/12/21 – considering booster
- Last 9 cycles 29-32 days
- Increased amitriptyline to 15mg, still tired but pain is better; dyspareunia less but ovulation and period flares still bad; orgasms and sex drive lighter

15/3/22

- Periods good until this month – stop and started, shoulder pain, clots (7/10 pain) -potentially the vitex as first month on it but no other symptoms; also vomited and sweating after a boat party
- Fatigued – amitriptyline isn't working
- Jason abbot thinks Lyrica is going to make her tired too
- Gaining weight around the middle but only recently – probably more bloating than weight gain
- Emma Berry treating her osteopathically
- Fat and fibre in stool – bile, HCL deficiency
- Gram neg bacterial overload – taking 98alive

12/5/22

- Still experiencing lighting pains and pain during sick
- Got her period on day 28, used to getting it on day 33
- Going well on Chinese herbs – no ovulation pain



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- Kim told her her body doesn't like osteopathy
- Gi – IBS (constipation and diarrhea); has been in port douglass had travelers diarrhea

14/6/22

- Unsure if herbs or bug from Douglass Hanly is giving her diarrhea but had it when on break from both
- Still identifying amine triggers – going to relax on them because histamine levels
- Pfeiffer profile done on 17/5/22 day 10 :
Vit d – 59
Homocysteine – green 7.4 normal, low on methylation pathway – overmethylating? Needs B3, glycine, more Mg
High free copper, low ceruloplasmin
Perfect zinc
Normal SAM-e
Histapenic – can relax a bit on amines, increase protein and potentially HCL

30/8/22

- Migraines for last 4 days, last period was bad
- Went to Vietnam in 16 July – mild diarrhoea
- Negative stool PCR upon return
- Figured out the diarrhea is related to more PHGG
- Has had a lot of stress
- Food poisoning 27 July
- 2 August Dr Scott said PCR was negative for parasites
- Diarrhea has settled down but periods and migraines have worsened significantly
- Saw yin and jaw is fine with soma
- Still doing Chinese herbs
- Kim thinks it's her vital energy is totally depleted – is started to meditate and read Bruce Lipton
- Next time – talk about replacing vaginal probiotics with lactulose