



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: Date of Birth:

Name: Imogen Harper

Address:

Phone: (H) (W) (M)

Email:

Occupation:

Household Situation:

Children:

Referred By:

PRESENTING SYMPTOMS / PROBLEMS

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

Date: 1/2/2021

Name: Imogen Harper

DOB: 11/9/1986

Address: 3/53 Lauderdale Ave, Fairlight

Phone: 0452610986

Email: imogenharper@gmail.com

Occupation: General management, Marley Spoon - office based

Live with: partner and two cats

Referred by: Kat Jacob (current PT at Falsegrip gym)

Specialists: Claire Fleming, Osteopath. Endocrinologist booked to see - Dr Soji Swaraj

Health Goals/Concerns:

- About 5yrs ago so 2015 had terrible heat tightness in lower head at back and ended up seeing a nutritionist for first time in London as part of trying to fix that, they found pre-Hashimotos / thyroid antibodies. So I'd like to make sure I'm keeping on top of the thyroid situation as best I can.
- Struggling with maintaining a healthy balanced diet. I go from one extreme to the other. I found an elimination diet super hard I went on and completely 180'd from really healthy to really unhealthy almost due to the psychologically hard nature of not being allowed a lot of my favourite foods. I definitely eat my emotions and find it a constant battle of staying healthy and



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eating in moderation. I feel like my weight has crept up over the years and I'd like to lose a few kilos and maintain a health approach to eating and not restricting / binging. More recently I've just given in and I'm just essentially eating mostly what I feel like which feels better psychologically but it means I'm not making super healthy choices.

3. Stress is high for me in general with my job and generally as a person so this is also a constant battle as above re the healthy eating.

Other health concerns:

- generally have felt pretty **tired** recently but put it down to **stress**
- recently (last few months) have been getting **more headaches** than I've ever had before
- **intermittent eye twitch** that is worse when high stress periods
- have also been getting **randomly really sore throat** and made worse when i take an inhale, not internally but feels like it is on the outside of my windpipe in thyroid area. That's been happening for last few months.
- often get injured when exercising and have a lot of issues with 'nervy' pain or sparks/prickle sensations in legs and left arm
- when I saw a functional health practitioner a year ago they picked **up levels of around 5 of lead in my bloodstream. Could be heavy metal issues still at play. I did a few modified citrus pectin rounds (maybe 4-5 of 1 wk periods taking it each day).**
- AMH came out as high; check for PCOS/rndometriomas;

Allergies:

- none that I know of that are extreme. I do get a bit of mucus when I eat dairy that is noticeable e.g. need to cough or blow nose / get a bit blocked up

Current diet:

- as above it has been all or nothing, and I kinda gave up so now it is just kinda average. I used to avoid gluten and dairy for the past 2-3 years some phases stricter than others. Pizza is a week point for me and beer, although I like alcohol free (but it has gluten). I don't like having to restrict too much in social settings and feel I've done that a lot in the past through dieting and/or restricting gluten and dairy. I do drink about 1.5-2.25L of water a day, we have an aquasana water filter at home, at work they only have a basic filter. I like water. I love coffee and have just switched back to decaf and like to have 2x per day with milk lab almond milk. Make at home. I have been bad at getting veggies in lately and have been doing a lot of quick food like cheese toasties as I am super busy and stressed out during the week. I often crave 'yum' food like takeout for dinner when I've had a stressful day. Usually pizza, mexican, thai, chinese, vietnamese. I do enjoy meat and found when I went veggie and vegan (2015/2016) that tied in with my head issues and also exhaustion and low B12 levels despite trying hard to eat a lot of veg/researching and supplementing. I have also just started getting 'eat fit food' dinner subscription which is pretty healthy and balanced, so am trying to have healthier dinners. We typically don't like cooking for ourselves these days during the week.

Supplements:

- when I saw Chris Chappel the functional practitioner Feb 2020 he gave me a lot of supplements. I haven't been taking them regularly.
 - Modified citrus pectin: to help detox the lead - 5 days 1 tsp a day with water then 2tsp on the final day and try to repeat monthly, but I only did 4-5 months I think.
- I'll try to bring the others that he had me on so you can look at them? Or take a photo? There were a few; iron, vit D, magnesium etc. and some specific thyroid ones.

Health History:

Mum: melanoma, breast cancer (~55yo), Grandma: hyperthyroid issues



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Dad: prostate issues, high blood pressure and cholesterol - His sister: high cholesterol

Health history timeline:

1996: severe food poisoning

2014: S2 Left side sacrum stress fracture affected my left glute, on crutches 6wks and had to stop running (prior I ran a lot, did marathons)

2015/2016: abortion and D&C (general anaesthetic). About 3 weeks later all of a sudden extreme head heaviness and tightness at back of head - chronic for 3 weeks and probably took 4 months to go away completely - likely stress at the end of the day and maybe some postural stuff - worked on both. Found I had thyroid antibodies, that was the first time I started looking into nutrition / anything to do with thyroid. Started playing around with gluten free/dairy free.

2016- rolled my left ankle badly - still rehabbing

2018- started getting issues with my left ulna nerve when running and now I get it intermittently and when training - working on this; also severe viral gastritis.

- note I don't feel I've had major thyroid symptoms and have been tracking the basic functions to see if it has been ok.

General Health - I have just written the things I have below.

Diarrhea: used to have very runny stools each morning esp. when on elimination / high veg or fibre diet.

Also gets like this sometimes with a lot of dairy.

Hemorrhoids: have had in past not too bad but have had

Shortness of breath: from stress a lot, holding breath

Sinus/nasal: from eating dairy

Hypothyroidism: precursor to that

Weight gain: at the moment feel I'm slowly gaining over time

Anemia: low B12 in past, not sure what it is today

Poor memory: feel my memory has got really bad in the last year

Headaches: over last few weeks especially have got quite a few

Pins/needles: often left elbow and sometimes from sitting

High cholesterol: used to have this, haven't checked lately

Cold feet and hands: often when in air con or cold climates they can basically go numb easily

Autoimmunity: thyroid

Dandruff: yes, currently manage with multiple shampoo approach; nizoral and the sulphur one

Skin-wise: have a lot of those little pimples/bumps and often hair follicles get blocked

Sleep: a lot of dreams every night and often nightmares (e.g. 2-3x per week), waking up tired more recently

Energy: post-exercise fatigue I get, malaise often too esp. when stressed

Joint pain/stiffness: recently last few weeks, I can feel my knees and wrists/fingers aching when wake up and during day esp. if I've been sitting

Shoulder/neck pain: extremely tense in the neck, better in last few years but still tight

Reproductive:

- Have an dermoid ovarian cyst the weird one benign but has weird parts of the body in it e.g. hair - hasn't been removed.

- PMS: get this badly like 3-5 days before, feel so hopeless and depressed / can't cope with difficulties

- lower back pain just before period

- Period is regular but very short these days e.g. 3 days and used to be the full 5-6; cycle = used to be 28 days, now is starting to 24 days sometimes (query progesterone)

Trauma:

- Sickness of Dad Nov 2019, then bushfires, pandemic

Emotions: anxiety, stress, cranky skipping meals



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Toxin exposure: mainstream deodorants, have smoked really briefly when young, fluoridated toothpaste, try to eat organic meat mostly at home but takeout no, regular vaccinations

Dental: bleeding gums with floss sometimes, clenching of jaw, sore neck upon waking, bite marks inside cheek; had situation where canines got stuck so had tooth pulled and had braces.

Exercise: do mobility and stretch classes 5-6x per week at the moment, want to get back to running ideally

Birth: C-section, vaccinated, not breast-fed as mother was in hospital for 3months and we were apart for some of it

Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:

Family History:

Family History – CVD, cancer, diabetes, etc

- Mother – Hypertension
- Brother - Gout

Sleep

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

Generally good

Water: 3 glasses a day

Tea / Coffee / Cola:

Allergies: Morphine

Cravings:

Aversions:

Medications and supplements



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Diet – See Over:

Sore stomach and diarrhea with red wine and white wine
Uses a lot of garlic and onions

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

1.17/3/21

- Headaches have improved but iceberg headaches started – told her to break the GSH ain case its triggering her
- Feels carbs have helped her feel better
- Still gets diarrhea occasionally – positive PCR for blasto
- Energy is better
- Still needs to send me bloods
- CA-125 – 16
- High CK levels but just exercised
- High ALT and LD and AST – kidney/liver
- Low FSH and LH but almost equal ratio, progesterone 26.9
- Sodium – 138
- ESR 5
- High out of range Thy abs, TSH normal
- Vit D 109

2.13/5/21

- Diagnosed with Deep Endo via Endo scan
- Added in CDG and histamine support
- Starting triple therapy infusion tomorrow + 1 oral antibiotics
- Considering whether she wants surgery or not – trying to decide if you want kids

• 17/6/21

- Hasn't done retest for PCR blasto yet
- Has scar tissue from termination – old scar tissue or fibroid in uterus 2cm
- Advised her to get gut work out fo the way then consider naturally TTC before considering surgery for 6 months
- Added in chaste tree

11/8/21

- Genea test for Sam



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- Microbiome mpa, Pfeiffer profile, genital swab PCR panel and bloods

14/9/21

- MMap – bacterial overgrowth, strep
- Surgery rescheduled – TBC post COVID outbreak
- New puppy Riggy
- Had first Pfizer jab, about to have second advised herbal protocol for after

29/10/21

- Stage III Endo
- Hyperkeratinsation has started on thighs, has always been on face
- 6 weeks post surgery – start 98alive again + talk to Emma re more bloods

23/2/22

- High copper, low histamine on Pfeiffer profile
- Neg on ureaplasma on pcr with histoplth
- Less pain on cycles post surgery; a lot less lower back pain
- Less PMS
- Recommended methylation profile

7/4/22

- Methylation analysis – see attached
- Low oestrogen cycles but have normalised to 28 days
- Referred to Jane Lyttelton and Bill

2/6/22

- Still having bowel endo symptoms during period
- Consider IVF and lap
- Had hycosy – clear
- Had another deep endometrial scan last Friday – will send report
- Wants to do egg retrieval in next cycle

13/7/22

- Auntie died and mum got cancer (colorectal stage 2-3), recommended Ribraxx, Nuut, curcumin
- Wants to lose weight
- Was bitten by tick and had covid-19
- Recently weighed 73kg, height – 5'6, wants to lose 6 kg
- Waiting for her period, expected any day... progesterone still hasn't dropped; cycle was delayed from COVID-19 from 28 days now on day 30
- Still has horrific phlegm from NAC

- 15/8/22

Hi Alex,



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Hope your week is going well. Got some good news today, pregnant! Fresh embryo transfer of a 4BB embryo has worked so far. So that puts me at the 4 week mark. I had my embryo transferred on 1 Aug at day 5.

The whole process has been amazing, thank you so much again for City Fertility and Prof Ledger recommendation. I think I responded too quickly to the drugs (only needed 7 days and had 17 eggs) so I'll have a full debrief with Prof to ask more Qs on that. I ended up with 2 embryos, one as above and 1 we froze but they said it was 'borderline' to freeze as it was a 4BB- so may not survive thawing in the future.

Lots more steps to go, but thought I'd let you know the news and update :) Thanks again for all the support. Feeling excited for the next little steps and getting closer to trimester 2.

Also loved doing acupuncture throughout. Was super zen and relaxing. And I've been super good with nutrition, supplements, sleep and exercise and just feeling great.

Speak soon,
Imogen