



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 29/7/21 Date of Birth: 20/10/86

Name: Bethany Young

Address: 040 Frehwater, NSW, 2096

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Occupation: Journalist

Household Situation:

Children:

Referred By: Kate Powe

PRESENTING SYMPTOMS / PROBLEMS

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

- Stage 4 DI Endo w endometrioma; painful periods – laparoscopy
- Cycle – 28-34 days (usually 31 days), before was definitely ovulating
- Miscarriage 7.5 weeks
- Vaginal burning, irritation; history recurrent thrush
- Quit OCP 2017 after ten years
- Bloods – protein on low side, D = 90, Zinc 12.5, copper – 19, B12 293
- Blood type O
- Previous CIN III (HPV)
- Genital herpes – 2016; recurrent outbreaks including after laparoscopy
- Also long history of cold sores
- Acne – post OCP
- GI – diarrheal, bloating, gas, constipation, food mucous in stool; issues started when she came off the OCP
- Anaemia? Easily bruises
- Recurrent UTIs
- Insomnia
- Poor energy and malaise
- Anxiety (history depression)
- Chronic stresss, mood swings
- Back/neck shoulder pain
- Born breached resuscitated at birth
- Bruxism



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- With NIB

Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:

2006 - Abortion at 11 weeks, aged 19

Jan 2020 - gyny said she suspected I have endo. Told not to do anything about it, unless we had trouble falling pregnant.

June 2020 - Colonoscopy as had blood in my poo. Nothing dodgy was found.

July – started trying for baby

February 2021 - Miscarriage at 7 1/2 weeks. Hospitalised with unexplained infection.

July 2021 - Endometriosis, laparoscopy, diagnosed stage 4 endo

2015 - CIN 3, had colposcopy

2016 - diagnosed genital herpes. Took Valtrex during outbreaks, last year was taking as suppressive therapy. Now managing with zinc.

Family History:

Mother - secondary cancer liver and lung, primary cancer unknown

Father - COPD

Maternal grandmother - bowel cancer

Maternal grandfather - Alzheimers

Family History – CVD, cancer, diabetes, etc

Sleep

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

Water:

Tea / Coffee / Cola:

Allergies: Surgical tape

Cravings:

Aversions:

Medications and supplements



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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?

Physical Examination:



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Height/weight _____
Goal weight _____

TREATMENT PLAN _____

DIET	SUPPLEMENTS	HANDOUTS
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FOLLOW UP

1. _____

31/8/21

- MMap – high zonulin and steatocrit; proteus and strep overgrowth (Gram neg)
- Has been lowering histamine/amine foods – unsure if she has noticed the difference
- Had vaccinated 3 weeks ago – has been feeling run down from vaxx
- See bloods – coeliac +, ANA, CA125 – 42, CRP 46.6

2. _____

19/10/22

- Normal bloods
- CA125 down from 42 to 26
- CRP has come down to 0.8
- Half way thru gut protocol, just finished first bottle berberine
- Referred for vaginal microbiome swab

3. _____

- Positive ureaplasma PCR – on pregnancy safe abx
- 2 weeks pregnant
- See recommendations sheet

18/1/22

- Scan looks good, currently 8 weeks
- 4 weeks 2 days progesterone was 65
- Needs more bloods + nutrients
- Due 27/8/22
- Bloods done last week unremarkable

7/3/22

- Seeing repr immunologist – still positive ureaplasma



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- Have added in NAC for biofim, told Beth to pause iron
- Recommend B, Zinc, GSH + Zn for partner
- RBC zinc, copper and iodine good on bloods

31/5/22

- Doing testing with Genea
- Referred to bil as was about to embark on NK cell protocol
- MMap has improved just needed SB