



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

13

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

Date: 8/6/22 Date of Birth: 31/12/83

Name: Bianca Smuts

Address: 35 Baringa Ave, Seaforth NSW 2092 (parents house)

Phone: 0451 037 542

Email:

Occupation: Hairdresser last ten years, has stopped post surgery (no w 1 day a week) works as nanny

Household Situation: husband

Children: 0 but wants them, had first with IVF appointment last Sunday with Dr Correia

Referred By: Massage Marguerita in Brookvale (friend of a nutritionist)

PRESENTING SYMPTOMS / PROBLEMS

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

- Endo – Stage IV, laparoscopy in 2021
- Quit smoking, occasionally smokes
- Polyps in colonoscopy
- Digestion – IBS (diarrhea/constipation)
- Jenny Davies pelvic floor physio in Dee why; stage -1 prolapse
- Surgery was Dec 21 but still in pain defecating; Dr George Condos excision surgery
- Bloods from April 22 – Day 3: FSH 4, LH 6.9. day 21: Progesterone 27; cycles generally go for 28 days; vitamin D – 53, AMH 21
- Heritage – south African (mixed race)
- B+ positive
- GI polyps on last colonoscopy
- Energy – adrenal picture
- Anxiety – manages it with yoga; anxiety around going to the toilet as needs
- Chemical exposure when she was a hairdresser – would make her sick
- Food – coffee straight up (pod espresso) with cows milk then blended veges, then eats salad around midday protein and salad

Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards



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Personal History:

Childhood - Chicken pox, styes, cold sores, vaginal thrush
1999 - EBV
2003 - Chlamydia
2004 - Pregnancy termination
2005 - Appendectomy
2006 - Septoplasty for broken nose
2018 - UTI
2021 - Laparoscopy (endometriosis stage 4) + hycosy (blocked left tube)
General - 4-5 x bacterial gastroenteritis

Family History:

Father - Diabetes II
Mother - dysmenorrhea, hypertension, NAFLD (drinks alcohol)
Maternal grandmother - dysmenorrhea

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:

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

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- **13/7/22. 30min**
 - Still to do mmap and vaginal profile
 - Only order supps last night
 - Has been feeling better on Nuut shakes
 - Has had a hard time giving up cheese
 - Has slowly been lowering amines
 - Suspects hot spices are a big trigger for her

16/8/22. 60min

- MMap – high zonulin, low IgA, low bacteriosides, Low bifido and rhamnosis
- Has noticed how badly dairy effects her
- Still constipated – every 2 days, not emptying

3. 16/9/22

- AMH – 12
- FSH – 11.1, LH 5 - **high LH** to FSH ratio (low ovarian reserve, anovulation, POI?)
- Blood sugar out of range high
- Advised to cut caffeine
- AMH 12
- Low progesterone