



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 13/9/22 Date of Birth: 16/8/85

Name: Bindiya Sangker Singh

Address: 10/3 Mosman Street, Mosman, NSW 2088

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Occupation: Manager Prudential Assurance

Household Situation: Alone

Children: 0

Referred By: google

PRESENTING SYMPTOMS / PROBLEMS

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

- Anxiety/OCD/ lack of appetite – started with pandemic, never before, seeing psychologist who will speak with me has been seeing her a year now
- Mould in second bedroom
- Sleep – wakes up every hour but only very briefly
- Has lost 10kg in past 2 years
- Caffeine free
- Not eating breakfast, DF + GF cereal with almond unsweetened
- Life long intolerance to spicy food – thinks its stress induced, gas
- From malaysia
- IBS, reflux, heartburn, diarrhea (only with spicy food)
- Hiatus Hernia (minor) – advised to leave it
- Gluten and dairy intolerance
- Hair – increased loss, oily, dandruff
- Skin – acne, oily, history eczema
- Wakes up tired, also before bed – used to 12.5 hrs day, quit last month
- Period – regular, history of irregular, cycle length 28 days on average, severe dysmenorrhea, pads, 5 days, regular on heaviest day will go thru change twice
- Ovarian cysts, painful periods, not sexually active, doesn't want kids
- No PMS
- OCD – also with pandemic, obsessive handwashing
- Fillings – porcelain
- GP – Dr Jacqui



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- Craves sugar a lot
- CC about to expire

Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:

1990 – spicy food intolerance

1997 – GERD

2015 – ovarian cysts

2021 – iron deficiency anemia, vitamin D

Family History:

Father – brain tumor

Mother – hypertension, migraines

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:

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. _____

2. _____

3. _____