



# ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 1/6/22 Date of Birth: 1/9/87

Name: Michael Magnus Bamforth

Address:

Phone: 0416394655

Email: mike.bamforth@gmail.com

Occupation:

Household Situation: Fishing manufacture & retail

Children:

Referred By: wife

## **PRESENTING SYMPTOMS / PROBLEMS**

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

- Poor energy; 7.30am, needs caffeine to get going first up, wants another coffee after lunch latte with oat milk
- Dengue fever history
- Weighs – 74-78kg
- Poor libido
- Knee joint pain; general joint stiffness
- Dairy intolerant – gas milk + cheese
- 2 coffees day
- GI – history all symptoms
- Hayfever
- Poor memory, concentration, brain fog – general adrenal picture
- White froth in urine (proteinuria)
- Nocturia
- Migraines – chronic when young; now only annual; thinks he is triggered by dehydration; drinking 1-1.5L
- History cold sores
- Gingivitis
- Fillings
- Bad breath
- GP -
- Alcohol –





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- History chemical exposure at work – lead, chemical adhesives, on boat chemicals for engine repairs
- Mood – depression, anxiety, irritability
- Diet – high amines, low protein esp in morning
- Viral infections?
- Herpes? Cols sores? MUMPS?
- Seminal fluid and oral microbiome

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**Past History –** Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:

1989- chicken pox

1995 – chronic tonsillitis; tonsillectomy

2003 – dislocated knee

Family History:

Mother – cortico basal degeneration; bladder cancer

Father – hypertension

Paternal grandmother – stroke (CVA), breast cancer

Paternal grandfather – heart attack

Maternal grandfather – stroke (CVA)

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**Family History – CVD, cancer, diabetes, etc**

**Sleep**

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

Generally good

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**Water:** 3 glasses a day

**Tea / Coffee / Cola:**

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**Allergies:** Morphine

**Cravings:**

**Aversions:**

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**Medications and supplements**





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## Diet – See Over:

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**GIT / Digestion:** Weight, appetite, breath, ulcers and cold sores, bleeding gums, nausea, reflux, gas, bloating, fatty foods, skipping meals?

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**Bowels:** Frequency, colour, constipation/diarrhoea, blood/mucus, laxatives, haemorrhoids, family history?

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**General Health:** Headaches/Migraines, dizziness/vertigo, tinnitus, hay fever /allergies, sinus/swollen glands, Colds/flu's per year, recovery, Asthma/SOB? Drug use? Smoking?

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**Urinary:** Thirst, nocturia, cystitis, incontinence, thrush, kidney infections?

N/A

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**Female Repro:** Periods/Cycle, bleed/clots, PMS, sore breasts, bloating, moods, constipation/diarrhoea, Pap smears, infections, discharges, contraceptive method?

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**Male Repro:** Infections, hernias, swellings, impotence, libido?

N/A

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**Cardiovascular:** Heart problems, blood pressure, chest pain, palpitations, varicose veins, easy bruising?

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**Musculo-skeletal:** Cramps, pain, pins and needles, weak/numb, arthritis?

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**Skin:** Acne, eczema, psoriasis, infections, itching?

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**Lifestyle:** Exercise, relaxation, job satisfaction?

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**Emotions:** Anxiety, depression, mood swings?

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## Physical Examination:





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Height/weight \_\_\_\_\_  
Goal weight \_\_\_\_\_

TREATMENT PLAN \_\_\_\_\_

DIET	SUPPLEMENTS	HANDOUTS
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FOLLOW UP

1.26/6/22

- Postivie for blasto and has bacterial infection + high BGD... sent to Simon

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2.

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3.