



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 7/6/22 Date of Birth: 22/2/95

Name: Nicola Teo

Address: 2/55 Sir Thomas Mitchell Rd, Bondi Beach

Phone: 0406 013 487

Email: nicola@eastsidedogs.com.au

Occupation: Dog trainer

Household Situation: partner

Children: n/a

Referred By: sefd

PRESENTING SYMPTOMS / PROBLEMS

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

- Allergies - Mould, dust, sugar, gluten intolerance, some dairy intolerance
- BV – pre period; sex eggs it on
- Acne
- GI – constipation, lately better but on/off ; high zonulin; fungal and bacterial infection on MMap;
- Hayfever, allergies
- History asthma
- ADD/ poor concentration
- History thrush and cold sores (when run down and in sun,)
- Period – inconsistent, 2021- every 32-35 days, two cycles 40 days, now 28 days last two cycles; can't use active skin care during luteal phase; uses pads, pain on day 1 but not enough for pain killer
- History OCP, mirena, ovarian cysts
- Mirena OCP brought BV and acne on
- PMS
- Thrush
- Vaginitis
- Fluoridated toothpaste
- Dental – porcelain fillings, gingivitis; history braces, abscess, tooth aches, used to have bruxism but not anymore



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Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:

1995 – RSV pneumonia

2015 – Ovarian cyst burst x 2 9 (which on OCP)

2016 – came off OCO; Mirena IUD

2017 – Bacterial vaginosis (chronic)

2018 – Bacterial gastroenteritis

2019 – Pregnancy/ terminated; Mirena taken out then put back in (triggered BV) then out again 6 months later

Family History:

Sister – PCOS

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

Diet – See Over:

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?

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:

Height/weight _____

Goal weight



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TREATMENT PLAN _____

DIET

SUPPLEMENTS

HANDOUTS

FOLLOW UP

9/6/22

- VMB Profil – Positive BV, Ureaplasma, Mycoplasma
- Advise to talk to her dad about topical metronadizole and doxy for urea/myco
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