



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: Date of Birth: 5/9/1956

Name: Margo Efrossynis

Address: 25 DENNING ST
COOGEE NSW 2034

Phone: (H) (W) (M) 0419988044

Email: margoefro@hotmail.com

Occupation:

Household Situation:

Children:

Referred By:

FXMed customer number –

PRESENTING SYMPTOMS / PROBLEMS

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

- 64 years old
- diagnosed with **Sjogrens Syndrome** in my late 30s.
- Prior misdiagnosed treated with depression meds due to the fact that weeks on end I was unable to perform simple tasks and confined to bed
- under Professor Dennis Wakefield for the past 25 yrs [Immunologist POW hospital] Professor Mina Coroneo [ophthamologist] and Dr Robert McDonald ,eye surgeon . I have had a variety of meds over the years eg 1redn 1rednisone plaquenil etc
- Osteo Arthritis
- Fibromyalgia
- Osteopenia
- Coeliac
- IBS
- **FOOD INTOLENCES** -Gluten, Lactose, Sulphites eg onion ,garlic Scallops Muscles FUNGI - mushrooms ,Salicylates in fruits and vegies and recently I have been advised to keep off yeast and take loads of supplements
- **Amalgam fillings** – 2+ big amalgam
- Digestive issues since the age of 5 yrs
- 6 years of age the **sulphite allergy** kicked in



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

- 35 yrs old after 2 bouts of **Pleurisy** I had constipation or diarrhea for many yrs - started removing gluten and this helped .
- **Relapse of Sjogrens** in March .
- month in bed and in September
- 2020 – FESS operation, septoplasty
- 2019 – hip replacement
- Had another flare up which lasted 6 weeks .
- The flare ups are debilitating with **extreme muscle and joint pain excessive fatigue** etc . Due to this
- taking a short course of prednisone.
- My current meds are **Lyrica 75mg and 150 mg, Zoloft ,Femoston conti ,Cyclosporin Eye Drops; injections of Prolia .**
- January of 2019 I was also placed on **Cannabis oil ("Capilano oil** for pain due to another flare up . I am about to commence this again .
- Since January this year I have **had EXCESSIVE sugar cravings** eg family block of chocolate per day or extra large Toblerone in one sitting sugary lollies .
- Each evening really unwell and wake up feeling as if had a bottle of wine and am exhausted and in pain .
- **Constant pain** ,some days more than others .
- Keeps my body moving by walking ,ocean swimming and light weight training .
- I am constantly at the physio .
- Told that my gut issues were the source of my autoimmune problems .
- Now off sugar and the rest of the foods that I am allergic to for 3weeks .
- I am dairy free as well .
- A couple of weeks ago my fatigue caused me to sort of blank out for 1 and a half hours while I was babysitting my 3 yr old granddaughter .
- Has been seeing another nutritionist – did DHM PCR sending me results
- Has put on weight with the sugar
- 1996 – Went to Egypt and had bad food poisoning came back really unwell her stools were yellow and white with mucous lasted a month
- 2000 – Thailand food poisoning/ dysentery
- Has had IBS since 35 – 50
- Is now regular now her diet is clean – gluten bloated and constipated
- 21/10/2019 – PCR positive – Dientamoeba fragilis
- Never hungry in the morning, adrenal fatigue nergy picture, dizzy when standing up quickly
- 2000 – Classroom at work – possible mould exposure at work; then 2020 mould at clothes twice

Supplements from her practitioner:

- Eagle Glucosupport
- Seabuckthorn oil
- Curcuforte
- Designs for Health whole collagen
- And various Panaxea supps including Gut bug



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

- During the onset of smaller episodes I tend to have mouth ulcers ,vaginal boils and a type of thrush .Tests confirmed earlier this yr that I have /had 2 gut bacteria

Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:

Family History:

Family History – CVD, cancer, diabetes, etc

- Mother – Hypertension
- Brother - Gout

Sleep

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

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?



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

TREATMENT PLAN

DIET

SUPPLEMENTS

HANDOUTS

FOLLOW UP

1.12/1/2020

- Low cortisol. Creatinine on 24 cortisol panel + 1.6 DHEA-s = adrenal fatigue
- High cholesterol 5.8
- Vitamin D – 116
- TSH – 1.68
- Mild neutrophilia and lymphopenia
- EBV recent
- Mycoplasma IgG positive

2.

Bloods 15/12/20

- Antibodies for previous Lyme disease – see result
- High RF but not out of range
- DHEA-S = 1.6
- Normal TSH, low Thy Abs – needs T4 and T3
- Super high SHBG and low androgens – high oestrogen, low testosterone, low cortisol
- RT# 468 high normal
- No coeliac genotype
- High neutrophils
- Low lymphocytes
- Positive ANA
- IgG – high normal – mould?
- 2 strains recent EBV
- Needs to do post-abs
- Going to try and wean off Lyrica
- Has come off SSRI
- 2 osteo Panadol
- Femesten Conti – needs supervision with Soji
- Said she feels better of red meats still getting bloating

3.

29/3/21

- Negative PCR on retest for amoeba
- Lost 4kg
- About to remediate the house for the mould – think it's the glass door and tiles; also rising damp in damp below



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

- Seeing Simon for a colonoscopy and endoscopy after easter incident – felt sick on berberine/ 98alive – some distended, ate curry sauce then next day had severe pain in abdomen from breast to vagina on left.
- Recommended SIBO breath test as bloating symptoms persisting
- Advised to talk to Soji re hormones
- Had die scan on stomach yesterday – asked to see results
- Taking Mobic at the moment for her swelling/ arthritis – adhoc
- Sugar and alcohol is making fingers swell up
- Nedes low sulphur

23/6/21

- Seeing Soji soon
- Water damage slowly getting repaired
- Lesion on liver and diverticular disease and small umbilical hernia diagnosed on CT
- Colonoscopy – severely lactose intolerant

13/7/21

- CRP down from 6 to 1.7
- ESR down from 28 to 9
- Mild sigmoid diverticular disease

18/8/21

- Soji weirdly recommended Diabex for the weight loss which didn't agree with her so she stopped
- Saw Claudia – took her off diabex, put her on oroxine (thyroxine) 50mcg- has been taking it for a week half dose no effects yet
- Has second astrazenca today
- Beans till affect her when more than 2 tablespoons

14/9/21

- Supplement review

3/11/21

- Plantafascitis on foot been bad might be having cortisone injections – heat an involuntary turning down of the toes, they go blue when she swims
- Disaster trying to come off Lyrica

25/1/22

- Diagnosed Raynauds syndrome
- Husband has Covid, Margo might be brewing

22/3/22

- Has had covid



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

- Has RA now in her knee (fluid in knee also) – advised to start 2 meds, has been taking Mobic going to stop it for a while
- Supplement review