



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

9 DEC 2020

Dear Dr Claudia Nicholson,

Re: MARGO EFROSSYNIS D.O.B. 5 SEP1956

Thanks you for referring me Margo who I saw today for nutritional advice concerning her recurrent issues with CFS, fibromyalgia, Sjogrens Syndrome, osteopenia, coeliac disease and a parasitic infection.

NB: Margo also likely has mercury toxicity (amalgam fillings) and potential mycotoxin disease from years of indoor mould exposure at home and work. We are going to conduct additional testing (I will send you there results).

I believe Margo has done blood work with you recently, but as I don't have copies of the results I am kindly requesting the following pathology should you be agreeable (in case it hasn't been checked recently):

- FSH, LH, PRL, SHBG, DHEA-S, Free testosterone, E2, Progesterone
- CRP, ESR
- FBC
- UEC, LFT
- ESR, CRP
- B12 & RBC Folate
- Vitamin D: 25OH
- Fasting blood glucose, Fasting Insulin, IGF-1, HbA1c, GTT
- Fasting cholesterol profile
- Full TFT (TSH, T4, T3); Thyroid antibodies, RT3, PTH
- Serum calciu
- Coeliac screen and gene profile
- ANA/ ENA
- Immunoglobulins
- Anticardiolipin antibody (IgM, IgG)
- RF
- EBV, CMV
- Mycoplasma, Chlamydia, Borrelia DNA PCR (correlated to Fibromyalgia)
- 24 hr urinary cortisol

If there are any assessments you aren't comfortable ordering above please let me know and I can refer margo for private testing instead. I would also appreciate being copied in on the results as I have direct access to most of the major labs.

I have also recommended Margo book in with Dr Simon Benstock (to discuss her positive Dientamoeba Fragilis results and the triple therapy treatment). If you would be so kind as to write her a referral for her 22 December appointment that would be appreciated.



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Thanks again and I look forward to working together with you for Margo's health.
Please do not hesitate to contact me.

Yours sincerely,

Alexandra Middleton