



ALEXANDRA MIDDLETON

NATUROPATHIC NUTRITIONIST

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

Date: 25/9/2020 Date of Birth: 2/9/2020

Name: Paula Monteiro

Address: 182a Fisher Rd

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Occupation:

Household Situation:

Children:

Referred By: Luci Lima

PRESENTING SYMPTOMS / PROBLEMS

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

- Trying to get pregnant -
- 30-33 day cycle
- Dyspareunia, dysmenorrhea, miscarriage; is tracking period – doesn't take painkillers but pain is severe in first few days of period;
- Premenstrual headaches, depression/irritability
- Temp is generally low with temp charting
- Lost 11kg last year seeing another naturopath
- Hayfever; allergic to dust, milk and yogurt
- Constipation (goes 2-3x a week), gas, itchy anus, haemorrhoids;
- Poor memory of late
- Cold feet
- Headaches
- Acne, itchy skin
- Issues falling asleep, vivid dreams, sweating at night
- Anxiety, mood swings, irritability
- Drugs and alcohol – sometimes smokes a joint
- Back pain and disc issues
- Needs caffeine but has decent energy
- Fillings, tooth aches, bleeds when flosses; used to have plate/braces
- Regular exercise
- C-section baby
- 2016 hypothyroidism took thyroxine



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Past History – Vaccinations, childhood illnesses, accidents etc.

0-10 years

10-20 years

20 onwards

Personal History:

1996 – IBS/ chronic gastritis

2015 – Appendicitis

2016 – Breast implants; hypothyroidism

2018 – 1cm cyst on breast

2020 - Miscarriage

Family History:

Mother – Diabetes I, Hypothyroidism

Maternal Grandmother – Hypothyroidism

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

1.

- Vitamin D = 55
- Has hashimoto's disease
- Low sodium
- Good sex hormone levels
- Ca-125 = 10
- B12 = 125
- Has been getting headaches
- Recommended amine free diet
- Awaiting PCR results
- Iodine 98
- Mercury - 7

2. 1/12/2020

- * US – ovary fixed to wall, otherwise no evidence of endo; polyp seen
- * Seeing gynaecologist 17th December – Dr Mark Ruff
- * Has been getting intermittent anxiety; says it's in the family; recommended to come off MagTaur Xcell to see if that's it
- * Sleep has improved
- * PCR was clear

3. 10/2/21

- Had laparoscopy last week – polyp removed, tubes clear, Endometriosis primarily on left side, sending me the surgical report; right ovary was adhered to abdominal wall... probably from old appendicitis surgery.
- Saw Dr Swaraj, put her on thyroid meds (thyroxine low dose) and recommended Diabex but I told her she didn't need it.
- Changed up supps

19/3/21

- Recommended prometrium
- Added in selenium
- Gut restorative work for Thy Abs



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20/7/21

- Possible right breast implant capsule – MRI?
- ESR 20
- ALT 42 (high)
- Blood sugar up from 4.3 to 4.8
- CRP up from 0.8 to 2
- TSH up from 1.94 to 2.43
- Thy Abs all up
- Thyroxine 25mg
- Pausing IUI will do another in a few months